

**Better
Homes**
and Gardens.

A U S T R A L I A N

"I lost 42kg and no longer have type 2"

MAY/JUNE 2017, ISSUE 69
\$7.99 (inc GST), NZ \$9.20 (inc GST)

diabetic

Feel great **LIVING**

- ✓ **Lose weight**
20 small changes
deliver big results
- ✓ **Get happy**
15 mood boosters
- ✓ **Beat stress**
4 simple tips

WHAT TO BUY

All the latest
low-GI pastas

Health wise
TLC for eyes,
ears & kidneys

**Dietitian's
pantry
SECRETS**



Stuffed
roasted sweet
potato p61
**Low GI and
yum!**

10
ways to
stay well
this winter

40

fab recipes

Healthy, slimming, delicious
Amazing mains • Divine desserts
Mother's Day treats • Meals for one

Pacific magazines

We create magazines people live

MAGZ_DL_0517

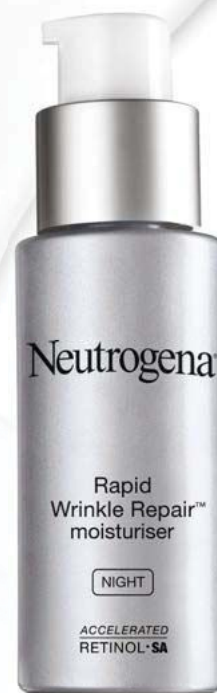
Younger-looking skin starts
in just 1 week!

New Neutrogena® Rapid Wrinkle Repair®

Clinically proven to reduce the appearance of fine lines and wrinkles with Retinol, the #1 U.S. dermatologist recommended anti-ageing ingredient.*

 **NEUTROGENA® ACCELERATED RETINOL SA.**

Our fastest accelerated retinol formula is stabilised so it doesn't easily break down with light and oxygen.
See what's possible.



Neutrogena®

Dermatologically tested

Contents

MAY/JUNE 2017, ISSUE 69

REGULARS

- 4 Editor's note**
- 8 Here to help** Meet our team of experts
- 6 You tell us** Your letters
- 11 News/Q&A** Health, Nutrition, Exercise, Kids
- 130 Feel better in 5** Simple tips to improve your health
- 138 Postcards from the shed** TV chippie Rob Palmer shares his daily struggles

LIVING WELL

- 92 How to be a carb whiz** Get a handle on the insulin carb ratio to feel even better
- 98 What's in your fridge?** Shop like a dietitian
- 102 Change one thing** New ways to think, eat and do
- 108 10 ways to boost immunity** Easy ways to beat bugs and stay well
- 110 Strength training at home** No gym required
- 114 6 ways to love your kidneys** Show your body some extra kindness
- 117 Protect your eyes** By keeping your BGLs – and your peepers – in check
- 120 Hear ye, hear ye** Keep your ears in top condition
- 122 The right device** Find the perfect lancet device today
- 124 You can make yourself happy** Next stop Joyville. We'll see you there!

MY STORY

- 106 "I've lost 42kg"** How Lynn Woodborne turned her life around and is now medication-free
- 128 "Travelling is about having a backup plan"** Type 1 doesn't stop this doctor from living a full life

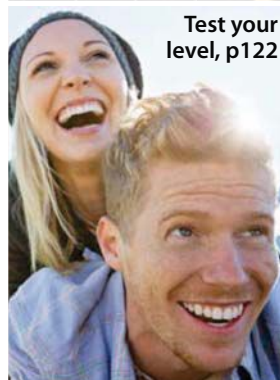
FOOD

- 20 Ed's healthy recipe** Rainbow trout with a flavour-packed twist
- 22 7 days, 7 dinners** A whole week of healthy food
- 34 5 ways with mushrooms** Finger-licking recipes you'll make time and again
- 44 Show the love** Recipes to let Mum know you care
- 50 She'll be apples** Tasty and in season – cook 'em up
- 56 Cooking for one** Solo dining with max flavour
- 62 Treats with tang** Orange is the new black
- 72 The Italian job** Make room for four classic dishes made the *DL* way
- 79 Food that works for you** All your recipe info
- 80 Menu planner** Your guide to weekly meals and snacks
- 82 Food bites** Eat better, shop better, live better
- 84 Shop smart pastas** Stock up on these pantry staples
- 133 Recipe index**

SUBSCRIBE TODAY!
Don't miss an issue of *Diabetic Living* (page 136).



Chicken fave with added crunch, p42



Test your level, p122



Citrus delight! p69



Dinner is served, p30



Life is good! p128



ON THE COVER

- 106 "I lost 42kg and no longer have Type 2"**
- 102 20 weight-loss tips**
- 124 Get happy with 15 mood boosters**
- 130 4 simple tips to beat stress**
- 84 Healthy & tasty low-GI pastas**
- 114 TLC for eyes, ears and kidneys**
- 98 Dietitian's pantry secrets**
- 108 10 ways to stay well this winter**
- 20 40 fabulous recipes**

Just change one thing, p102





Autumn days

Do you have a secret way of timing the end of summer? Mine is when the tub of newly bought olives sits unopened in the fridge. For a friend, it's the arrival of cheap figs while a colleague times it by when recipe magazine covers feature plums or quinces.

The crazy thing is that food editors create their autumn recipes during the hottest days of summer and our amazingly talented Alison Roberts is no exception. Ali's family spent a week eating mushroom

dishes while she tested the recipes in this issue (page 34). They were also forced to eat apples in sweet and savoury forms and taste test the orange and lemon desserts. No need to feel too sorry for them because when you see the recipes, you (like us in the office) will want to be part of the Roberts' household.

Ali works hard at ensuring each dish is delicious because she understands that eating well is essential to remaining well – as is making sure you're on top of your health checks.

Turn to page 114 to learn about kidney care, page 117 for how to protect your eyesight and page 120 for information on hearing loss. And if you need a little happiness boost go to page 124 for ideas that will give you a lift. Enjoy!

Toni

Toni Eatts, **Editor**



**JOIN US ON
FACEBOOK
NOW!**

You can have your say about this issue of *Diabetic Living* and tell us more about the topics you'd like to see covered. Simply visit our Facebook page ([facebook.com/australiandiabeticlivingmagazine](https://www.facebook.com/australiandiabeticlivingmagazine)) and 'like' us to stay in the loop.

GET YOUR FIX

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



Follow us on the web
diabeticliving.com.au



Follow us on Instagram
[instagram.com/diabeticliving](https://www.instagram.com/diabeticliving)

**LOOK OUT
for our next issue,
on sale 1 June**

3 things to try in this issue



Are you a carb whiz?

Our guide has all the information you need to get super carb-savvy (page 92).

Change for life!

Dietitian Susie Burrell uses every opportunity to increase diabetes awareness (page 18).



Feel better in 5

Learn how to stress less and stay in control of your mood with these simple tips and tricks (page 130).

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

Diabetes AUSTRALIA **Coeliac Australia**



WEBSITE diabeticliving.com.au

EMAIL diabeticliving@pacificmags.com.au

FACEBOOK facebook.com/australiandiabeticlivingmagazine

INSTAGRAM @diabeticliving

READER ENQUIRIES (02) 9394 2497

SUBSCRIPTIONS AND BACK ISSUES 1300 668 118

email: subscriptions@pacificmags.com.au

EDITORIAL

Editor Toni Eatts

Art director Renée Carlross

Designer Emma Henderson

Features editor Carmel Sparke

Head of sub-editing, health Hannah Hempenstall

Chief sub-editors Greer Boulting, Natasha Shaw

Junior sub-editor Clare Baxter

Food editor Alison Roberts

Dietitian Lisa Urquhart

ADVERTISING

Head of health

Michelle Bayley, (02) 9394 2264

Brand manager, health

Clarissa Wilson, (02) 9394 2647

Advertising coordinator

Kayla Chapman, (02) 9394 2202

Vic sales director

Simone Dalla Riva

Group sales manager, Vic

Melanie Stephens, (03) 8636 7515

Senior sales executive, Qld

Mike Bartlett, (07) 3368 7486

SA representatives

Georgia Matthews, (08) 7231 5909

Peter Russell, (08) 7231 5909

WA representative

Nicky Simpson, (08) 9344 0749

Advertising production coordinator

Daniel Murace, (02) 9394 2994

PUBLISHING

General manager, fashion, beauty and health

Jackie Frank

Better Homes and Gardens editor-in-chief

Julia Zaetta

Marketing director, health

Kathy Glavas

Marketing manager, health

Courtenay Raman

Marketing executive, health

Melissa Wayne

Circulation manager

John Borg

Business analyst, health

Roula Yiallourous

Pre-Media Solutions

Digital Imaging

Production controller

Mark Boorman

PACIFIC MAGAZINES PTY LIMITED

Media City, 8 Central Avenue, Eveleigh, NSW 2015;

GPO Box 7805, Sydney, NSW 2001, (02) 9394 2000

Chief executive officer Gereurd Roberts

Commercial director Prue Cox

Retail sales and marketing director

Mychelle Vanderburg

Operations director Dean Porter

MEREDITH INTERNATIONAL

Chairman and chief executive officer

Stephen M Lacy

Chief development officer John S Zieser

For enquiries, contact:

Meredith International director Mike Lovell

Reproduction Printed by Webstar Print (ABN 58 000 205 210) at Unit 1, 83 Derby Street, Silverwater, NSW 2128. Distributed in Australia by Gordon and Gotch Australia Pty Ltd

(ACN 088 251 727). Distributed in New Zealand by Gordon and Gotch New Zealand (CRN 1540329). Published six times a year by Pacific Magazines Pty Ltd (ABN 16 097 410 896). For competition entries, please use the address supplied.

Title and trademark DIABETIC LIVING® reg US Patents Office, Canada and Australia, by Meredith Corporation. Use of trademark is strictly prohibited. Recommended and maximum price \$7.99 (NZ \$9.20) including GST.

All content © 2017 Pacific Magazines Pty Ltd, all rights reserved. Reproduction without permission is prohibited. All prices and information are correct as at the time of printing. Prices quoted are recommended retail prices and may vary. All material sent to *Diabetic Living* (whether solicited or not) will not be returned. Unless otherwise agreed beforehand, all rights including copyright in such material is assigned to Pacific Magazines upon receipt and Pacific Magazines may use or sell the material in all media worldwide in perpetuity without further consent or payment. *Diabetic Living* does not accept or assume responsibility for such material.

Pacific magazines

We create magazines people love

You tell us

Here's where you have your say, tell others your stories and give *feedback* on your magazine



Write to us WIN

**GREAT PRIZES
UP FOR GRABS!**

**SIMPLY TELL US WHAT
YOU THINK ABOUT
DIABETIC LIVING**

Email diabeticliving@pacificmags.com.au

Post to *Diabetic Living*,
You Tell Us, GPO Box
7805, Sydney, NSW 2001.
Include a daytime phone
number and mailing
address. For conditions,
visit bhg.com.au

**The writer of
each published
letter wins a
250ml pump-
action bottle of
Nutri-Synergy
Extra Dry Skin
Moisturiser
valued at \$16.95.
Rich in natural
ingredients
such as coconut,
honey, aloe vera,
glycerine and
Vitamin B5, it will
help nourish and
hydrate sensitive
or extra-dry skin
and combat
winter dryness.**



**star
letter**

SEIZE THE DAY

Having recovered from the shock of my diagnosis, I'm now treating it as a lifesaver. I'm no longer procrastinating about losing weight tomorrow – tomorrow never comes! With *Diabetic Living* in hand, recipes galore to play with and so much to learn, your magazine has become my new go-to bible. Thank you for helping me see it's not the end of the world but a new beginning!
Deborah Barry, QLD

STAYING OFF THE MEDS

Congratulations on producing such a magnificent magazine! The recipes are great and some have become favourites. In addition, because of your recipes, I have so far managed without medication. I really enjoy reading about people who are succeeding with both type 1 and type 2.
Judith McPherson, Vic

BRANCH OFF

I am one of the lucky ones in our family who does not have diabetes. Our family tree has diabetes on both sides, so I subscribe to your amazing magazine to ensure I am managing my life wisely to prevent such an occurrence.

Thank you for putting it into such an informative, easy read.
Carol Colledge, QLD

GOOD ON YER MUM!

I think my daughter, who does not have diabetes, summed up what we think of your magazine in two sentences. "Mum, don't stop getting *Diabetic Living*. I can't wait to grab each copy off you for the recipes." So... please keep up the good work!
Laurel Braysher, WA

SHARING IS CARING

I work as a nurse in a medical centre, and when I do care plans for my patients with diabetes, I always show them a copy of *Diabetic Living*. I get very positive feedback about the magazine from them. They say diabetes is not as scary as they thought, and it shows they can eat real food. The advice and suggestions are really helpful too. *DL* helps make the lives of my patients a lot easier.
Sarah Woodhouse, Vic

DRY SKIN REMEDY

Like Douglas (November/December 2016 issue) I have dry skin. I was diagnosed in 1992 and am now 75. I tried many body washes and found Natio or Natural Instinct were the best. To anyone with the same problem, give these a try.
Lola Jefferies, Vic



Like it

Join the conversation on Facebook...

Can it!

When my budget is tight, the way I make sure I can eat vegies is to buy canned and frozen.

– Kim Mitchell

HANDLE WITH CARE

My son is a teenager with type 1 and burnout is real. A gentle approach, praise for good management, understanding and empathy when they're over it, and rewarding honesty help.

– Vickie Angel

Job buddies

I work with amazing ladies. They know my signs and symptoms of low blood sugar, and so I feel safe with them if I ever need help.

– Tracee Whatman

EGG-SACTLY RIGHT!

I have lost 18kg since my type 2 diagnosis in August 2016. *Diabetic Living* magazine has been a godsend. I use recipes from every edition and I love the egg and watercress sandwiches in the March/April issue.

– Jennifer Houghton

Find us on [facebook.com/australiandiabeticlivingmagazine](https://www.facebook.com/australiandiabeticlivingmagazine)
Find great tips and recipe ideas by following [@diabeticliving](https://www.instagram.com/diabeticliving) on Instagram

Want more recipes?

Visit the *Diabetic Living* website!



diabeticliving.com.au

Here to *help*

Meet our experts – they'll advise you on all aspects of your *diabetes management*



In conversation with...

Danielle Veldhoen

Podiatrist, Flinders Medical Centre, South Australia

What is a podiatrist and how can they help me?

A podiatrist is an allied health professional who can provide comprehensive advice on how to look after your feet. They can assess and treat general foot problems, as well as any directly related to your diabetes.

Diabetes can cause damage to the nerves and blood vessels in your feet, which can lead to serious complications such as foot ulceration, infection and amputation. This is why it's so vital to take care of your feet.

What made you decide to pursue a career in podiatry?

A great experience with a podiatrist following an injury influenced me to become one myself. I decided to specialise in diabetes after graduating, and I am now fortunate to work in a team dedicated to helping people affected by diabetes. I hope to contribute to research to improve outcomes and reduce amputation rates in people who have diabetes.

How often should I see a podiatrist and how much will it cost?

A podiatrist is an important part of your care team, so it's advisable to see them at least once a year. Your visits should be more regular if you have diabetes-related problems such as poor circulation, foot pain or neuropathy, or are unable to manage your foot care because of mobility or vision issues.

The cost will vary depending on your health cover and Medicare entitlement. Speak to your GP about accessing the care you need.

What should I look out for between visits?

Having a daily foot-care routine is important. This can be as simple as washing your feet, looking out for any skin and/or nail problems, and protecting them by wearing supportive footwear. If you notice a problem or are unsure about how to look after your feet, seek advice early so little problems don't escalate. ■



OUR EXPERTS

Dr Kate Marsh

Dietitian and diabetes educator

Kate, who has type 1, is in private practice in Sydney. nnd.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. drsultanlinjawi.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre. mendpsychology.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA. outbackvision.com.au

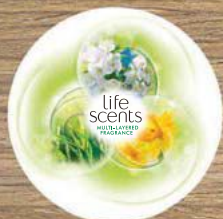




BRING SPRING INTO YOUR HOME WITH AIR WICK LIFE SCENTS



LIFE SCENTS
TECHNOLOGY



More true to life experience

* compared to other Air Wick Freshmatic Refills

READY IN 4 STEPS: SET & FORGET



PLEASE FOLLOW PACKAGE USAGE INSTRUCTIONS

THE SMART WAY TO MAKE APPOINTMENTS

Need to book in a time to see a doctor or dentist?
HealthEngine makes looking after your health simple

"What a brilliant find!
I needed a doctor at short
notice tonight and this
app made it so easy."



Dr Ginni Mansberg, GP

As a GP and a mum I know how important the health of your family is. And while your family's health is a priority, sometimes there just aren't enough hours in the day to do everything that needs doing. An online booking system helps busy families book in appointments right in the moment – regardless of whether a medical practice is open or closed.

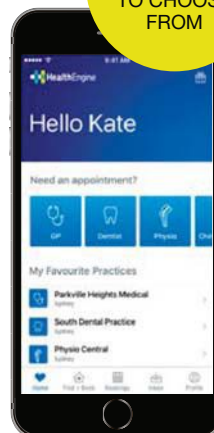
It's been a hectic day and you didn't manage to book in your little one's dental check-up. Now, with a few easy clicks on the HealthEngine app, you can find a dentist and make an appointment when it suits. As Australia's largest online booking and health directory, HealthEngine puts you in control. You can use the app 24/7 to find a doctor, dentist, physio and more. It displays all available appointments so you can book a time that works for you.

3 EASY STEPS

1. DOWNLOAD
the app or visit
healthengine.com.au

2. FIND
all available
appointments in
your local area

3. BOOK
your appointment with
the touch of a button



OVER
12,000
PRACTITIONERS
TO CHOOSE
FROM

Over 7 million bookings have been made Australia wide

Your health

news • advice • research • products



Shining stars

The passing of TV icon Mary Tyler Moore at age 80 was a reminder of successful people who have led extraordinary lives, despite living with type 1 diabetes. The star of the *Mary Tyler Moore Show* was diagnosed at 33, just as the show debuted, and she was a tireless diabetes advocate as well as former international chair of the JDRF. Current UK Prime Minister Theresa May is the first major world leader living with type 1. Like

Tyler Moore, she was diagnosed as an adult. In a recent interview May said: "The more people can see that those who live with diabetes can lead a normal life, the easier it is for those who are diagnosed to deal with it."



TOP SHOT

Did you know that people with diabetes are three times more likely to be hospitalised for flu than the rest of the population? Diabetes Australia recommends you sign yourself – and your loved ones – up for a flu jab in April. If that doesn't work, see below...

2040

By this year it's predicted that one in 10 adults globally will have some form of diabetes.



Stay a step ahead

Antivirals work best when administered within 48 hours of the onset of symptoms, so if your flu shot fails, see your GP at the first sign of aches or sniffles.

Ask
DR LINJAWI



I'm told that type 1 and type 2 are progressive conditions. What does that actually mean?

Dr Linjawi says: That's a really great question. Diabetes is a progressive disease and unfortunately that means most people get worse over time. However, while that is true for those with type 2 diabetes, it is not always the case for people with type 1. Young people with type 1 tend to have the least control of their diabetes. That generally gets better when people are in their 40s, so once you get through adolescence it can become easier to manage.

For type 2 diabetes, the condition progresses as the pancreas produces less and less insulin. Which means to maintain stable blood glucose levels, more and more medication (and ultimately insulin) is needed over time. This means you need to ask your health team to help you stay on target. For most people, having that extra help can make a world of difference to their lives. ➤

Dr Sultan Linjawi, endocrinologist

Email your questions to:

diabeticliving@pacificmags.com.au

Post: *Diabetic Living*, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.



Fine dining

Eating out is a treat, but it's easy to overdo it on fat, energy and portion sizes. Try these tips from dietitian Dr Kate Marsh to keep your blood glucose levels (BGLs) stable and enjoy your meal.

- 1 Ask for an entree-sized meal with a side of salad or vegetables.
- 2 Choose lean meats, chicken or fish that are grilled, steamed, stir-fried or baked rather than battered or fried.
- 3 Ask for sauces and dressings on the side and add just a little for taste.
- 4 Choose salads with vinegar and oil-based dressings rather than creamy dressings or mayonnaise.
- 5 Salads, soups (without cream) and seafood make good entrees.
- 6 For dessert, go for fresh fruit, berries and fruit sorbets or share something with other diners.
- 7 Skip the three-course meals, they're rarely necessary. If you've chosen a starter and a main course, skip the dessert.

Thanks for the memories

Well, here's some tea-riffic news Recent research from Johns Hopkins suggests that caffeine found in tea and coffee can enhance certain memories for at least 24 hours after you've polished off your cuppa. Happy drinking!

CHEAP EATS

Despite their pricey reputation, healthy foods don't have to be expensive. Check out this budget-friendly comparison of food groups made by the Dietitians Association of Australia to balance your budget as well as your nutrition.



- Apple (45c/100g) ▼ chocolate bar (\$2.20/50g)
- Boiled potatoes (55c/150g) ▼ potato chips (\$4.50/150g)
- Porridge (15c/30g of rolled oats) ▼ cornflakes (30c/30g)
- Whole chicken (40c/100g) ▼ marinated kebabs (\$2.00/100g)
- Skim milk (\$1-\$2.00/L) ▼ flavoured milk (\$5.00/L)

Ask DR MARSH



My husband has recently been diagnosed with type 2 diabetes and while we've made lots of dietary changes at home, he still buys lunch at work. He doesn't like sandwiches – do you have any other ideas?

Dr Marsh says: I agree that buying lunch can be tricky, particularly if there's only the local food court to choose from. If your husband has a microwave at work, leftovers from dinner or homemade soups can be a good option. With the soup, you can make a batch every week and freeze it in single portions so it's ready to go – include plenty of vegetables, grains like barley or quinoa, and legumes for fibre and protein to ensure it's filling. If he doesn't have access to a kitchen at work he could take it hot in a thermos. Other good options are salads with canned fish or boiled eggs and chickpeas, wholegrain crackers with cheese and tomato or wholegrain wraps with falafel, hummus and salad. Don't forget healthy snacks like fruit and nuts so he isn't tempted by the biscuit tin! ➤

Dr Kate Marsh, advanced accredited practising dietitian and credentialed diabetes educator

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.



Natural Dermatology

for dry, sensitive skin



petro-chemical free

The freedom of naturally healthy skin

You can have the freedom of naturally healthy skin, and the confidence to embrace life fully without the discomfort of dry, irritated skin

NS is Natural Dermatology

Natural, therapeutic ingredients work in synergy with the skin, to restore and maintain its healthy condition while supporting the skin's natural protective barrier.

Free from irritants

NS is free from potential skin irritants such as petro-chemicals, paraffin, soap, detergents, parabens, colours or perfumes.



Available only from pharmacies or on-line

SAVE YOUR SKIN
www.NutriSynergy.com.au



WALK THE LINE

Every step you take could keep you out of hospital. University of Newcastle researchers found those who increased their steps from 4500 to 8800 per day spent on average one day fewer in hospital every three years. In the study, more than 2000 people aged over 55 recorded their steps for a week, and then researchers examined their hospital records over eight years. The more active people spent less time in hospital, with cancer and diabetes admissions reduced. In fact, for every additional 1000 steps taken daily, hospital days were reduced by nine per cent. So step up and stay healthier!

Take the plunge

If you've always wanted to scuba dive but have been held back by your diabetes, now's your chance to try the sport. New advice from the Australian Diabetes Society says recreational scuba diving is a safe pursuit for people with insulin-dependent diabetes, provided their diabetes is well controlled.



Ask CHRISTINE

I'm confused about how much exercise I should be doing and how strength training fits into this?

Christine says: There are two main types of exercise to consider: incidental activity and working out. Together these make up your activity levels and both are important for your health.

INCIDENTAL ACTIVITY refers to how much you move in a day. In the past we walked more and had active jobs, but now we sit all day at work, in cars and at night. Break up sitting with standing, stretching or walking to the printer, the kitchen or the bathroom! Try taking every second phone call standing up.

WORKING OUT refers to planned or structured activities that raise your heart rate. It includes:

- Cardiovascular exercise (swim, walk, run, cycle). I recommend doing this most days a week; do 20 minutes for vigorous and 30-60 minutes for moderate intensity.
- Strength training (or resistance training). I recommend two to three non-consecutive sessions per week, doing eight to 10 exercises that cover the main muscle groups. ➤

Christine Armarego,
accredited exercise physiologist

Email your questions to:

diabeticliving@pacificmags.com.au

Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.



AVERAGE NUMBER OF KILOJOULES YOU'LL BURN PLAYING AN 18-HOLE ROUND OF GOLF, ACCORDING TO RESEARCH BY THE UNIVERSITY OF EDINBURGH.

Convenience at my fingertips



"On-the-go, to fit my lifestyle, my preference and my needs, I've chosen to make it easy with Unifine Pentips Plus."

Unifine® Pentips® Plus features a unique integrated removal chamber for the ultimate on-the-go convenience. Designed for a comfortable injection experience and available on the NDSS.

To order your free samples call 1800 640 075 or visit www.unifinepentipsplus.com.au



Unifine® Pentips® Plus

Pain, pain, go away!

X Lipohypertrophy is the condition where fatty tissue builds up under the skin if you consistently inject your child or grandchild's insulin into the same spot. To reduce the pain, Diabetes NSW/ACT advise the following:

- 1** Regularly rotate the injection sites
- 2** Space injections out by at least one centimetre to avoid tissue trauma
- 3** Use a new needle every time you give an injection
- 4** Alternate between right and left sides of an injection area.



SCHOOLBAG SAVIOURS

Looking for hypo helpers that can be easily packed in your little one's backpack? Try...

- Five jelly beans
- One sachet TRUEplus Glucose Gel
- Ten glucodin tablets
- 150-200ml soft drink (regular, not diet).

TOP TIP The hole truth

If your mini-me is planning a piercing, book her in for a check-up with her GP first, as the shock of getting jabbed may cause blood glucose levels (BGLs) to spike. In addition, keep a close eye on her levels for a few weeks after the piercing, and consult her care team if anything seems out of the ordinary.

10-14
years is the peak age of diagnosis for type 1 diabetes, says the JDRF.

Ask ELISSA



My teenage daughter is rather embarrassed about having type 1 and is afraid of having a hypo in public. How can we help her?

Elissa says: It is very hard for a teenager to feel like they fit in at the best of times, so I can only imagine how hard it'd be to add in diabetes. I'd recommend diabetes camps to her. They're great for young type 1s who are embarrassed, helping them realise they aren't alone and that there are plenty of others going through the same experience. It's a confidence-boosting, judgement-free place where your daughter won't have to worry about pulling her meter out – because there are plenty of other kids doing the same.

To prevent a hypo in public your daughter could carry jelly beans so she can treat it as soon as she feels symptoms. My boys use a test-wipe dispenser box, which fits several large jelly beans. In case of emergency, your daughter should also wear diabetes identification. ■

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com



Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.



MAKING IT EASY

At last you can say goodbye to fiddly pen needle changes. The next generation of pen needle is designed to help make living with diabetes easier.

If you use a pen needle to administer insulin you probably value convenience, ease of use and safety in your injection routine. Changing a pen needle can also be a fiddly process and tricky for children, the elderly and individuals with dexterity limitations. Now there's a solution. Unifine® Pentips® Plus is the world's first pen needle complete with its own integrated remover

and disposal chamber. On one side is a pen needle, and on the other side a built-in removal system. It provides a comfortable injection experience¹ and is so convenient, whether screwing or unscrewing it, changing the needle or disposing at home or on the go.

INCLUDES:

- Safety click technology
- Compact in size
- Unique design

SO CONVENIENT

- EASY TO USE
- REDUCED RISK OF NEEDLE STICK INJURIES
- GREAT FOR CHILDREN, THE ELDERLY OR PEOPLE ALWAYS ON THE GO
- ENCOURAGES MORE FREQUENT NEEDLE CHANGES²



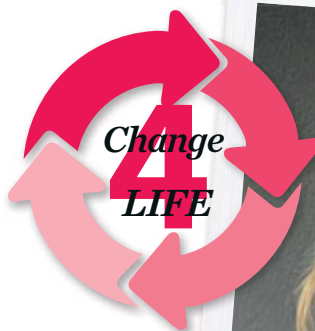
Unifine® Pentips® Plus

RECEIVE A FREE SAMPLE PACK. AVAILABLE
ONLINE AT WWW.UNIFINEPENTIPSPPLUS.COM.AU
OR BY CALLING 1800 640 075

1. Test by Melab GmbH 2014

2. Impact of Unifine® Pentips® Plus on pen needle changing behaviour amongst people with diabetes medicating with injectable formats. HRW, September 2014

BE GENTLE *with* *yourself*



Type 2 is one of our biggest health issues, but dietitian **Susie Burrell** remains optimistic that change is possible

Over two million Aussies have pre-diabetes, placing them at risk of developing type 2. Dietitian Susie Burrell says previously, people with insulin resistance or pre-diabetes were seen as having health issues to be managed. Today, thinking is changing as more information comes to light.

"Now there is hope," she says. "We have evidence that shows aggressive dietary control can change the course of the disease." Intermittent fasting, low carbohydrate diets and increasing protein intake have been shown to bring about dramatic blood glucose changes.

Burrell has had a strong interest in the field since doing a student placement at the Wollongong Diabetes Centre 20 years ago and around 70 per cent of her current clients have insulin resistance or pre-diabetes.

It was Burrell's dedication to increasing public awareness about this disease that prompted her to become a panel member of DL's inaugural Change 4 Life event in 2015.

"I would say diabetes is the number one health issue as so many other chronic disease states – including some types of cancer, heart disease and inflammation – are all linked to poor blood glucose control," she explains.

Dietitians can help, but, as she says, the most effective diets are

the ones that are complied with. Individualised, sustainable eating plans that allow for a small piece of cake or a glass of wine work best for most people.

Giving birth to twin boys 15 months ago also taught Burrell the valuable lesson that there is a time and place for everything.

"If you'd have asked me when I was pregnant with the twins, I'd have said that I'd get straight back into my fitness regime, take the babies to the crèche and be back to my old weight in no time," she says. "But you know what – I didn't want to be in the gym – I still don't!

"So be gentle with yourself, and try not to add any more stress over losing weight." ■



CHEESE, WINE OR CHOCOLATE?



"I love cake, and I'm not naturally skinny, so I have to work really hard to eat well and do enough exercise," says Burrell.

She generally eats healthily all through the day, but admits to having a biscuit with a cup of tea

at night. She says the key is to keep your portions under control.

"I tell clients it's just really important to not put on weight," she explains. "If you can prevent weight gain, that's sometimes a more achievable outcome."



FAWN

UP TO
52"
WAIST

5
LENGTHS



GRAPHITE



KHAKI
BROWN



FRENCH
NAVY

- 100% COTTON
- UP TO 52" WAIST
- 5 LENGTHS

Cotton
TRADERS

**HALF
PRICE**
Trousers were ~~\$47~~
now \$23.50
Shorts were ~~\$40~~
now \$20



FERN GREEN

- Softly peached cotton • Smart-casual pleat front
- Side elastication for added comfort
- Zip fly and button fastening to waist
- Trousers with 5 leg lengths, or shorts
- Up to 52" waist

Machine Washable 100% Cotton Fawn Fern Green Graphite Khaki Brown French Navy

**ELASTICATED WAIST TROUSERS WERE ~~\$47~~
NOW \$23.50**

27" (69cm) inside leg	32 34 36 38 40 42 44 46 48 50 52	AC10773
29" (74cm) inside leg	32 34 36 38 40 42 44 46 48 50 52	AC10038
31" (79cm) inside leg	32 34 36 38 40 42 44 46 48 50 52	AC10039
33" (84cm) inside leg	32 34 36 38 40 42 44 46 48	AC10040
35" (89cm) inside leg	34 36 38 40 42 44 46 48	AC10041

**ELASTICATED WAIST SHORTS WERE ~~\$40~~
NOW \$20**

8.5" (22cm) inside leg	32 34 36 38 40 42 44 46 48 50 52	AF10029
------------------------	----------------------------------	----------------

Best of **British style** since 1987

Fully trackable delivery direct to
your door in just **3-4 working days**

NOW ONLY \$9.95 - Limited time only

Free returns* with



PLEASE USE THIS
PROMOTIONAL CODE TO
CLAIM YOUR OFFER

XF2K

SPECIAL OFFER
for Diabetic Living readers

cottontraders.com.au

Terms and conditions: Payment taken at point of order, we aim to deliver by courier within 4 working days from despatch, stock subject to availability. \$9.95 delivery offer available for a limited time only, original delivery price is \$13.95. *Free returns on purchases paid with PayPal, see cottontraders.com.au. Prices quoted are those ruling at time of production. Due to circumstances beyond our control, prices may have to be altered. One promotion per order. Our privacy policy and full T&C's are available online at cottontraders.com.au. Offer ends 31st July 2017. Reg No 2125768. Reg office: Cotton Traders House, Atlantic Street, Altrincham, Cheshire WA14 5GZ, United Kingdom



Fast Ed's fab trout

BHG TV's **'Fast Ed' Halmagyi** adds unique flavour to a favourite fish

Here's a simple family meal, straight off the barbecue, using a fish that's nationally available all year round. What's more, it's budget-friendly. Perfect!

Cedar-planked rainbow trout with grilled caponata

PREPARATION TIME: 15 MINS

COOKING TIME: 30 MINS

SERVES: 4 (AS A MAIN)

- 2 red onions, peeled, halved
- 4 celery sticks, ends trimmed, halved crossways
- 1 red capsicum, halved, seeds and membrane removed
- 1 eggplant, thickly sliced
- 1 Tbsp extra virgin olive oil
- 8 garlic cloves, crushed
- ½ bunch rosemary, leaves picked and chopped
- ½ bunch thyme, leaves picked



- 2 Tbsp dry sherry
- 4 ripe tomatoes, chopped
- Freshly ground black pepper
- 2 small (about 500g each) whole rainbow trout, cleaned and gutted (ask your fish shop to do this for you)
- 4 cedar planks, soaked in cold water for 2 hours (see Cook's tips)
- Lemon wedges and small basil sprigs, to serve

- 1 Preheat a barbecue grill** (with a lid) on high. To make caponata, combine onion, celery, capsicum, eggplant and 2 teaspoons of the oil in a bowl. Add vegies to grill and cook for 8-10 minutes or until lightly blackened and just tender. Transfer to a plate and set aside to cool slightly. Dice vegies.
- 2 Place a roasting pan** over barbecue and add 1 teaspoon of the oil. Add garlic, rosemary and thyme. Cook, stirring continuously, for 1-2 minutes. Add sherry and tomatoes and

cook, stirring with a wooden spoon, until tomatoes break down to form a sauce. Reduce heat to low and add the chopped vegies. Season with pepper. Cook for 2-3 minutes or until well combined and heated through. Remove from heat, cover and set aside.

3 Rub trout with remaining olive oil and season with pepper. Arrange trout on the soaked planks, then set on the grill over medium heat. Close lid and cook for 15-20 minutes, or until fish is just cooked.

4 Serve half a fish per person on top of the caponata, with lemon wedges and basil.

COOK'S TIPS

► This recipe was tested with BBQ Buddy Cedar Planks, available from Bunnings.

► You can serve the fish and caponata with 4 small (40g) wholemeal grain rolls – 1 per person. See nutrition info (right) for the carb exchanges. ■

SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, read *Better Homes and Gardens* and tune in to the BHG TV show on Channel 7. Check your local TV guide for scheduling information.

Cedar-planked rainbow trout with grilled caponata
Want that holiday feeling? Grill up this delicious fish for a fresh and colourful dinner. Then relax!

lower carb

How
our food
works
for you

see page 79

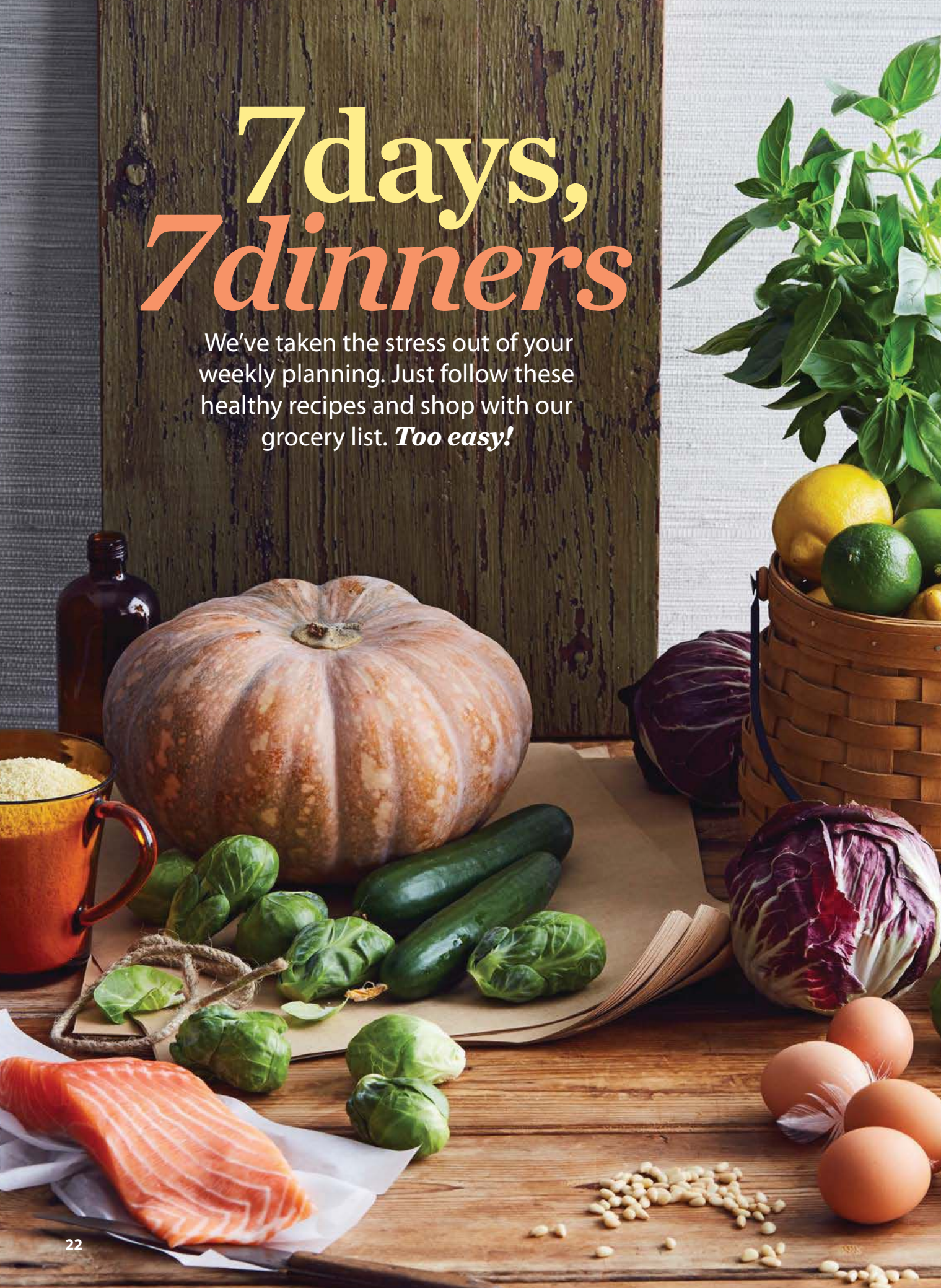
**nutrition
info**

PER SERVE: 1551kJ,
protein 32g, total fat
17.1g (sat. fat 4.3g),
carbs 14g, fibre 10g,
sodium 133mg
• Carb exchanges 1
• GI estimate low
• Lower carb

PER SERVE (with
small roll) 2013kJ,
protein 37g, total fat
20.6g (sat. fat 4.7g),
carbs 27g, fibre 13g,
sodium 301mg
• Carb exchanges 1¼
• GI estimate low

7 days, *7 dinners*

We've taken the stress out of your weekly planning. Just follow these healthy recipes and shop with our grocery list. ***Too easy!***



Monday

White bean and rosemary ragu with creamy polenta

Warm up with this flavour-packed fare – the polenta is a great alternative to pasta.
see recipe, page 30 >>



nutrition info

PER SERVE 1851kJ, protein 34g, total fat 9.8g (sat. fat 4.4g), carbs 46g, fibre 10g, sodium 612mg
• Carb exchanges 3
• GI estimate low
• Gluten-free option

Tuesday

Roasted beet, mint and lamb salad
Autumn flavours mix well with the crunch of summer
see recipe, page 30 >>



How
our food
works
for you

see page 79

nutrition info

Left: PER SERVE 2044kJ,
protein 34g, total fat
15.9g (sat. fat 3.6g),
carbs 46g, fibre 13g,
sodium 500mg

- Carb exchanges 3
- GI estimate low
- Gluten-free option

Below: PER SERVE 2049kJ,
protein 41g, total fat 9.9g
(sat. fat 2.3g), carbs 54g,
fibre 9g, sodium 371mg

- Carb exchanges 3½
- GI estimate low
- Gluten-free option

Leftovers

PANTRY

Cannellini beans Add to salads, mashed with a little fresh lemon juice, olive oil and pepper, then spread over toast. Top with sliced tomatoes and spinach or rocket for a tasty, easy lunch.

Couscous Use to make vegetable burgers, or instead of rice with curries. Add to soups and salads.

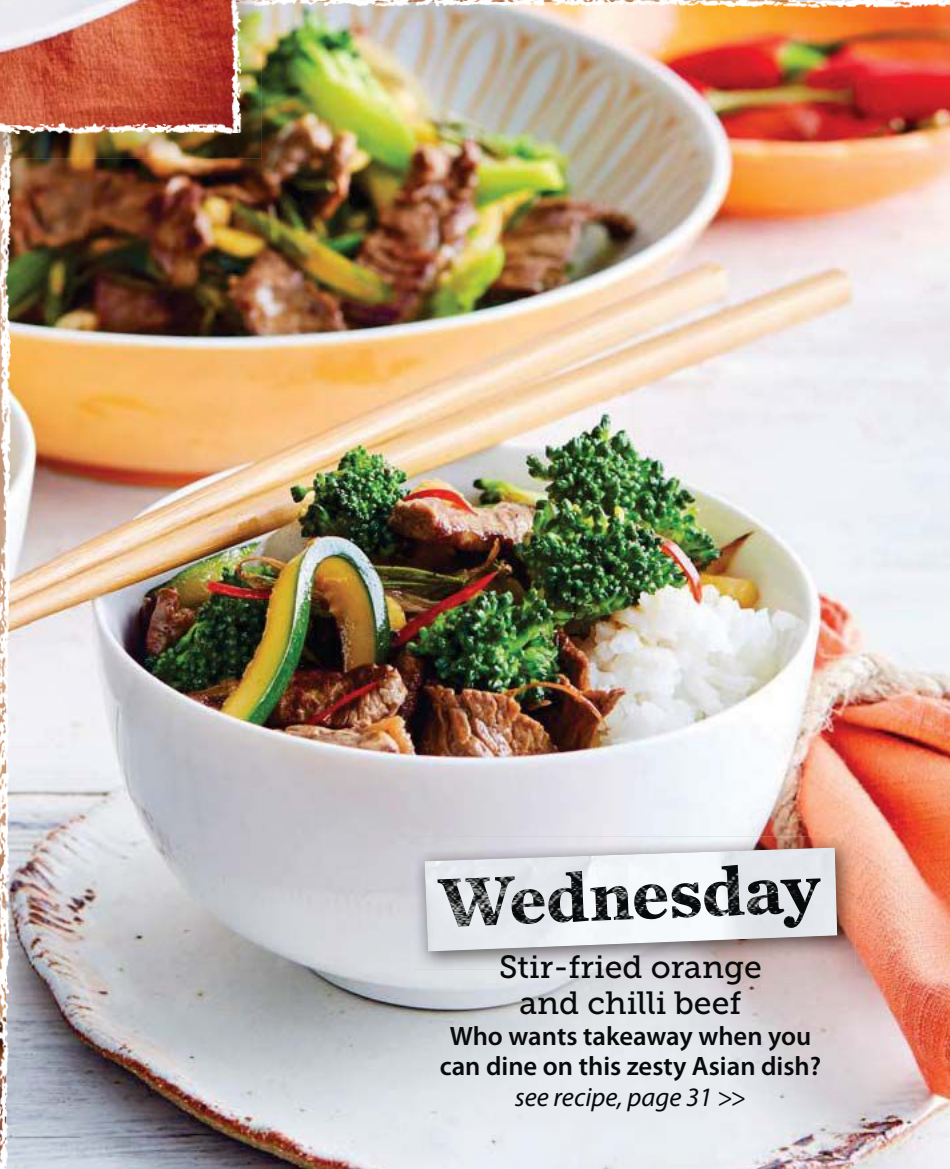
Evaporated milk Use to give richness to sauces and soups.

Polenta Mix with wholemeal plain flour and chopped herbs as a coating for chicken or fish.

Pomegranate juice Drink! Or put in salad dressings, sauces or drizzle a little over your fruit salad.

Quinoa Use in soups, salads or as a breakfast alternative to porridge.

Ras el hanout Mix with extra virgin olive oil and lemon zest, then sprinkle over meats/veg and cook.



Wednesday

Stir-fried orange and chilli beef

Who wants takeaway when you can dine on this zesty Asian dish?
see recipe, page 31 >>

Thursday

Spiced chicken with
pomegranate glaze
Travel to exotic Morocco with
this sense-satisfying main.
see recipe, page 31 >>

nutrition info

PER SERVE 1846kJ,
protein 38g, total fat
14.8g (sat. fat 2.1g),
carbs 32g, fibre 10g,
sodium 311mg
• Carb exchanges 2
• GI estimate low





gluten free

Friday

Quinoa and ricotta patties with salsa
Make a vegetarian happy
with protein-packed patties
see recipe, page 31 >>

nutrition info

Left: PER SERVE 1436kJ,
protein 14g, total fat 17.4g
(sat. fat 3.6g), carbs 29g,
fibre 6g, sodium 476mg
• Carb exchanges 2
• GI estimate low
• Gluten free

Below: PER SERVE 1747kJ,
protein 37g, total fat 11.5g
(sat. fat 5.3g), carbs 33g,
fibre 12g, sodium 774mg
• Carb exchanges 2½
• GI estimate low
• Gluten free

Leftovers

FRUIT AND VEGETABLES

Parsley, rosemary and dill Add the parsley and dill to salads and dressings or throw a handful onto a favourite sandwich. Toss a few sprigs of rosemary and some garlic cloves in with your next roast vegies.

Radicchio Use in salads or place on your sandwiches and wraps.

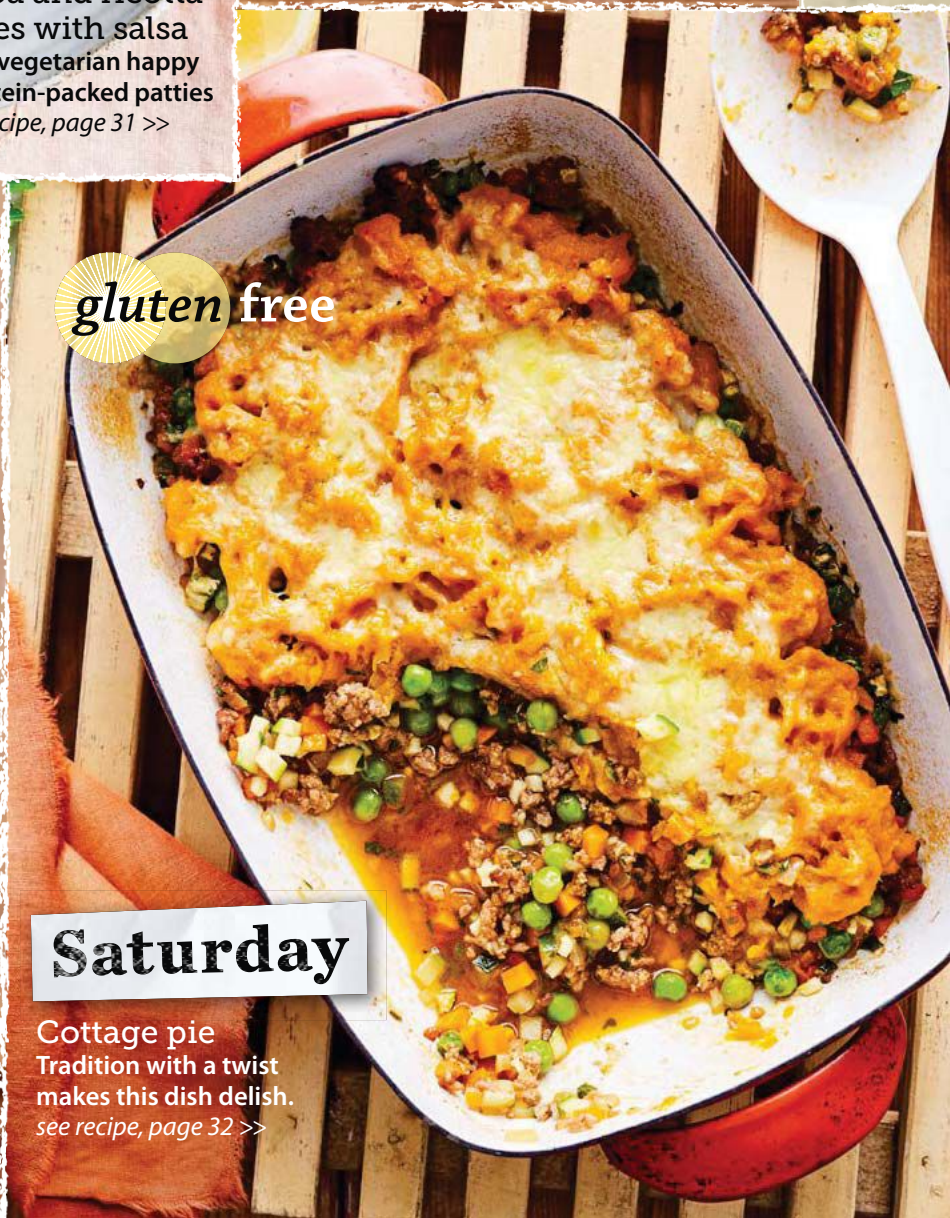
Celery Munch on as a healthy snack!

CHILLED

Buttermilk Use in a pancake batter or in cakes for extra moisture.

FREEZER

Frozen peas Throw a handful in for the last few minutes of boiling potatoes to mash. When cooked, add a little light margarine and warm milk, and mash. Season with pepper, some shredded mint and a small handful of reduced-fat grated cheese.



gluten free

Saturday

Cottage pie
Tradition with a twist
makes this dish delish.
see recipe, page 32 >>

nutrition info

PER SERVE 2243kJ,
protein 45g, total fat 22g
(sat. fat 4.7g), carbs 33g,
fibre 10g, sodium 286mg
• Carb exchanges 2¼
• GI estimate low
• Gluten-free option

Sunday

**Salmon with
creamy dill sauce**

The sauce is heavenly over
this succulent salmon, but we
also adore the garlic mash!

see recipe, page 32 >>





Moorish FLAVOURS

Moroccan cuisine is not only fresh and flavourful, but it's a healthy way of eating, too, as DL dietitian Lisa Urquhart explains

With influences from ancient Phoenician, Arabic, African and European cultures, Moroccan cuisine has a rich history of vibrant spices and fresh produce, as well as links with the Mediterranean diet. Couscous, olives, olive oil, eggplants, zucchinis, tomatoes, chickpeas and the ras el hanout spice mix are all trademarks of the cuisine, and are great foods to use in a healthy eating plan.

Why not give your next meal a dash of north African inspiration with these stand-out ingredients?

Spices Morocco is famous for its spice mixture ras el hanout, which can contain 20 or more ingredients and is made differently in each region of the country.

Ras el hanout often includes cinnamon, cumin, turmeric and ginger, which are all linked to anti-inflammatory properties and improving blood glucose control in type 2 diabetes. It is used in meat and vegetable dishes, and also to flavour meals such as Morocco's popular tagine (stew).

Legumes Common in Morocco, chickpeas, broad beans and lentils are low GI and high in protein and fibre. Eating legumes two to three times a week may improve cholesterol and blood glucose levels (BGLs).

Fruit and vegetables Moroccan meals often contain vegetables and fruit, creating amazing flavour combos in tagines, couscous and seasonal salads. Zucchini, tomatoes and eggplants are commonly used and have a very low-carbohydrate content with a minimal impact on BGLs. They also add fibre, vitamins and minerals – plus taste! – to many dishes. Using dried fruit like dates or figs sparingly minimises the blood glucose effect without compromising on flavour, while fresh fruit (citrus, pomegranates and figs) make a great no-added-sugar dessert or snack.

Oils Almonds and olive oil, high in heart-healthy monounsaturated fats, are also Moroccan staples widely used to add crunch and/or flavour. Fish, particularly oily varieties, such as sardines, provide important sources of healthy omega-3 fatty acids. ➤

Your shopping list

GROCERIES

- ☐ 120g canister Gravox Reduced Salt Traditional Gravy powder
- ☐ 500g pkt quinoa
- ☐ 310g jar Always Fresh Pepper Strips
- ☐ 185ml can Nestlé Carnation Light & Creamy Evaporated Milk
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 200g (4-sachet) box no-added-salt tomato paste
- ☐ 400g can cannellini beans
- ☐ 500g pkt polenta (cornmeal)
- ☐ 250ml carton salt-reduced chicken stock
- ☐ 80g pkt pine nuts
- ☐ 100g container ras el hanout
- ☐ 500g pkt couscous

- ☐ 1L bottle pomegranate juice
- ☐ 2 x 125g cans chickpeas

FRUIT AND VEGETABLES

- ☐ 3 brown onions
- ☐ 1 carrot
- ☐ 3 zucchinis
- ☐ 1 bunch flat-leaf parsley
- ☐ 550g Jap pumpkin
- ☐ 2 lemons
- ☐ 2 bunches mint
- ☐ 25g mixed salad leaves
- ☐ 1 bunch rosemary
- ☐ 1 bunch baby beets
- ☐ ½ bunch celery
- ☐ 2 oranges
- ☐ 1 head radicchio
- ☐ 1 small red chilli
- ☐ 200g broccoli
- ☐ 1 lebanese cucumber
- ☐ 1 bunch dill
- ☐ 200g brussels sprouts
- ☐ 500g Carisma potatoes

CHILLED

- ☐ 100g low-fat fresh ricotta
- ☐ 600ml carton buttermilk

DELI

- ☐ Small container pitted kalamata olives

FREEZER

- ☐ 500g pkt frozen peas

MEAT AND SEAFOOD

- ☐ 350g extra-lean beef mince
- ☐ 200g lamb fillet
- ☐ 300g extra-lean beef rump steak
- ☐ 250g skinless chicken breast fillet
- ☐ 300g skinless salmon fillet

BAKERY

- ☐ 2 x 50g sourdough rolls

HAVE AT HOME

- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Olive oil cooking spray
- ☐ Salt-reduced tomato sauce
- ☐ Ground black pepper
- ☐ 6 garlic cloves
- ☐ 60g eggs
- ☐ White wine
- ☐ Low-fat milk
- ☐ Parmesan
- ☐ Doongara rice
- ☐ Cornflour
- ☐ Salt-reduced soy sauce
- ☐ Honey
- ☐ Massel Salt Reduced Chicken Style Stock Powder
- ☐ Black peppercorns
- ☐ Reduced-fat grated cheese

For more great recipes visit
 diabeticliving.com.au



White bean and rosemary ragu with creamy polenta

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

- ½ tsp olive oil
- 1 brown onion, finely chopped
- 1 garlic clove, crushed
- 2 rosemary sprigs
- 150g extra-lean beef mince
- 80ml (⅓ cup) white wine
- 400g can no-added-salt chopped tomatoes
- 1 sachet no-added-salt tomato paste
- ½ x 400g can cannellini beans, rinsed and drained

Creamy polenta

- 160ml (⅔ cup) salt-reduced chicken stock or gluten-free stock
- 185ml (¾ cup) low-fat milk
- 60g (⅓ cup) polenta (cornmeal)
- 20g finely grated parmesan
- Freshly ground black pepper

1 Heat the oil in a medium non-stick frying pan on medium. Add the onion and garlic. Cook, stirring occasionally, for 7-8 minutes or until the onion starts to soften. Increase heat to high

and add the rosemary and mince. Cook, stirring often, for 2 minutes or until mince is browned. Add wine and simmer for 2 minutes. Stir in tomatoes and tomato paste. Bring to a simmer over high heat, reduce heat to medium and simmer, covered, for 10 minutes. Add the cannellini beans and simmer, covered, for 10 minutes.

2 Meanwhile, to make the creamy polenta, put the stock and milk in a medium saucepan and bring to a simmer over medium heat. While stirring, add the polenta in a thin, steady stream. Stir over medium heat for 7-8 minutes or until polenta is soft and creamy.

3 Stir in half of the parmesan. Serve polenta topped with ragu and sprinkled with pepper and remaining parmesan.



Roasted beet, mint and lamb salad

PREPARATION TIME: 15 MINS

(+ 10 MINS COOLING)

COOKING TIME: 30 MINS

SERVES 2 (AS A MAIN)

- 1 bunch baby beets, trimmed, roots left attached
- Olive oil cooking spray

- 200g lamb fillet, trimmed of fat
- Freshly ground black pepper
- 1½ cups mint leaves
- 1 celery stick, sliced diagonally
- ½ orange, skin removed, flesh chopped
- 6 radicchio leaves, sliced lengthways
- 10g parmesan shavings, (optional)
- 1 Tbsp pine nuts, toasted (see Cook's tip), to serve
- 2 x 50g sourdough rolls or gluten-free rolls, to serve

Buttermilk dressing

- 2 Tbsp buttermilk
- Juice of ½ an orange
- 1 tsp extra virgin olive oil

1 Preheat oven to 200°C (fan-forced). Wash beets and pat dry with paper towel. Spray with oil and wrap in foil. Place on a baking tray and roast for 30 minutes or until beets are tender. Set aside for 10 minutes to cool. Peel and cut into thin wedges.

2 Meanwhile, preheat a chargrill pan on medium-high. Spray lamb with oil and season with pepper. Cook, turning occasionally, for 4-5 minutes for medium. Transfer to a plate and loosely cover with foil. Set aside for 5 minutes to rest.

3 Combine mint leaves, celery, orange and radicchio in a large bowl. Thinly slice the lamb and toss through salad with the beets and parmesan, if using.

4 To make buttermilk dressing, whisk all ingredients in a bowl.

5 Drizzle salad with buttermilk dressing. Sprinkle with pine nuts and pepper. Serve with bread.

COOK'S TIP

To toast pine nuts, place in a frying pan over medium heat. Cook, stirring, for 3-4 minutes or until lightly toasted.





Stir-fried orange and chilli beef

PREPARATION TIME: 15 MINS

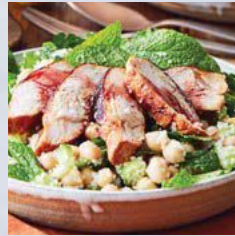
COOKING TIME: 20 MINS

SERVES 2 (AS A MAIN)

85g (½ cup) Doongara rice
½ tsp cornflour or
gluten-free cornflour
Juice of ½ an orange
2 Tbsp boiling water
3 tsp salt-reduced soy sauce
or gluten-free soy sauce
1 Tbsp honey
2 tsp olive oil
300g extra-lean beef rump steak,
trimmed, thinly sliced, diagonally
2 rosemary sprigs, leaves removed
1 brown onion, cut into thin wedges
1 garlic clove, crushed
½ small red chilli, seeded,
very thinly sliced
200g broccoli, cut into small florets
1 large zucchini, thinly sliced
lengthways
1 Tbsp water

1 Cook rice in a small saucepan of simmering water for 10-12 minutes, or until tender. Drain.
2 Meanwhile, combine cornflour and juice in a small bowl. Stir in the water, soy sauce and honey. Set aside. Heat half the oil in a large wok over high heat until just smoking. Add beef and rosemary and stir-fry for 1-2 minutes or until beef is just cooked. Set aside.
3 Heat remaining oil in the wok over medium-high. Add onion, garlic, chilli, broccoli and zucchini.

Stir-fry for 2 minutes. Add water, cover and cook for 1-2 minutes or until vegetables are tender-crisp. Add sauce. Cook for 2-3 minutes or until slightly thickened. Toss in beef and juices. Serve with rice.



Spiced chicken with pomegranate glaze

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 2 (AS A MAIN)

250g skinless chicken breast fillet, trimmed of fat
Olive oil cooking spray
1 tsp ras el hanout
2 Tbsp couscous
60ml (¼ cup) boiling water
80ml (⅓ cup) pomegranate juice
2 tsp extra virgin olive oil
2 x 125g cans chickpeas, rinsed and drained
1 cup mint leaves, roughly torn
1 cup flat-leaf parsley, chopped
Zest and juice of ½ lemon
1 lebanese cucumber, finely chopped
1 Tbsp pine nuts

1 Preheat a barbecue plate or frying pan on high. Spray chicken with oil and sprinkle with ras el hanout. Cook for 4 minutes on each side or until cooked. Set aside.
2 Meanwhile, put couscous in a small heatproof bowl, pour in the boiling water and stir. Cover with a small plate and set aside for 4-5 minutes or until liquid is absorbed.
3 Put the pomegranate juice and oil in a small saucepan and

bring to the boil over high heat. Reduce heat to medium-high and cook for 5 minutes or until reduced by half and thickened slightly.

4 Diagonally slice the chicken. Toss chickpeas, mint, parsley, lemon zest and juice, cucumber, nuts and couscous in a medium bowl. Serve chickpea salad topped with chicken and drizzled with pomegranate glaze.



Quinoa and ricotta patties with salsa

PREPARATION TIME: 10 MINS

(+ 15 MINS STANDING

+ 20 MINS CHILLING)

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

90g (½ cup) quinoa, rinsed
250ml (1 cup) boiling water
1 garlic clove, crushed
6 kalamata olives, pitted, finely chopped
100g low-fat fresh ricotta
60g egg, lightly whisked
Finely grated zest of 1 lemon
2 Tbsp finely chopped mint
2 tsp extra virgin olive oil
25g (1 cup) salad leaves, to serve

Capsicum salsa

100g (½ cup) drained Always
Fresh Pepper Strips
1 Tbsp finely chopped
flat-leaf parsley
Squeeze of lemon juice
Freshly ground black pepper

1 Place quinoa, water and garlic in a small saucepan. Cover and ➤

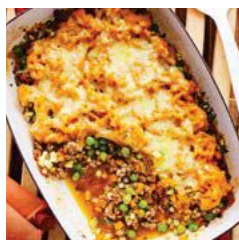
FOOD mains

bring to a simmer over medium heat. Reduce heat to medium-low and cook, covered, for 12-15 minutes or until liquid is absorbed. Remove from heat and set aside, covered, for 5 minutes. Transfer to a bowl. Set aside for 10 minutes.

2 Stir in the olives, ricotta, egg, zest and mint. Divide mixture into 6 even patties. Place on a plate, cover and chill for 20 minutes.

3 Meanwhile, to make capsicum salsa, mix all ingredients in a bowl.

4 Heat the oil in a large non-stick frying pan over medium. Cook the patties for 3 minutes on each side or until golden brown. Serve with salsa and salad leaves.



Cottage pie

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

½ tsp olive oil

1 brown onion, finely chopped

1 carrot, finely chopped

200g extra-lean beef mince

60ml (¼ cup) salt-reduced tomato sauce

200ml boiling water

2 Tbsp Gravox Reduced Salt Traditional Gravy powder

1 zucchini, finely chopped

80g (½ cup) frozen peas

2 Tbsp chopped flat-leaf parsley

550g Jap pumpkin, peeled and seeded, finely chopped

60ml (¼ cup) water

Freshly ground black pepper

40g (⅓ cup) reduced-fat

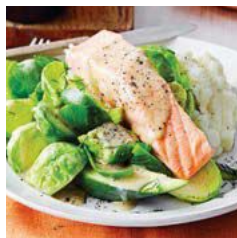
grated cheese

1 Heat the oil in a medium non-stick frying pan over medium.

Add the onion and carrot. Cook, stirring occasionally, for 5-6 minutes or until onion starts to soften. Increase heat to high and add the mince. Cook, stirring, for 2 minutes or until browned. Add tomato sauce and combined boiling water and gravy powder to the pan. Bring to a simmer, reduce heat to medium-low and simmer, uncovered, for 10 minutes. Stir in the zucchini, peas and parsley.

2 Meanwhile, put the pumpkin and water in a shallow microwave-safe dish. Cover and cook on high/100% for 7 minutes or until pumpkin is very tender. Drain well, return to the dish and mash until smooth. Season with pepper.

3 Preheat oven to 190°C (fan-forced). Spoon the mince mixture into a 1.5L (6-cup) baking dish. Spoon pumpkin mash over the top and evenly spread to cover the mince. Sprinkle with grated cheese and bake for 15 minutes or until cheese is melted. Serve.



Salmon with creamy dill sauce

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

SERVES 2 (AS A MAIN)

½ tsp Massel Salt Reduced

Chicken Style Stock Powder

375ml (1½ cups) boiling water

¼ cup dill stalks and sprigs

5 black peppercorns

3 slices lemon

300g skinless and boneless

salmon fillet, halved crossways

½ tsp cornflour or

gluten-free cornflour

2 Tbsp Nestlé Carnation Light & Creamy Evaporated Milk

2 tsp chopped dill

Freshly ground black pepper

200g brussels sprouts, trimmed, halved, steamed, to serve

1 large zucchini, thickly sliced

lengthways, steamed, to serve

Garlic mash

500g Carisma potatoes, peeled, chopped

3 garlic cloves, peeled

2 Tbsp low-fat milk, warmed

1 To make the garlic mash, put the potato and garlic in a medium saucepan and cover with cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 15-20 minutes or until potato is tender. Drain well.

2 Meanwhile, place the stock powder, water, dill, peppercorns and lemon in a medium non-stick frying pan. Bring to a simmer over medium heat. Add salmon and reduce heat to medium-low. Place a round of baking paper over the ingredients (to help retain the moisture) and cook for 10 minutes or until salmon is just cooked. Transfer salmon to a plate and cover with foil to keep warm. Drain poaching liquid, reserving 125ml (½ cup).

3 Wipe out the pan used for the salmon. Combine the cornflour and reserved poaching liquid in a small bowl. Stir in the evaporated milk and pour mixture into the pan. Cook, stirring, over medium heat until the sauce comes to a simmer. Simmer for 4-5 minutes or until sauce thickens. Stir in the chopped dill. Season with pepper.

4 Mash the potato until almost smooth. Add milk and beat until completely smooth. Divide mash, brussels sprouts and zucchini between plates. Top with salmon and spoon over sauce. Serve. ■

Try our award winning, Diabetes Friendly meals



- Over 50 nutritionally balanced **Diabetes Friendly** meal choices, many of which are also **Heart Friendly and Gluten Free**
- **Introductory offer** for new customers - **5 delicious Diabetes Friendly meals from \$55 or 10 meals from \$105**
- **Further discounts of between 5-13%** on additional orders for Diabetes Living Readers (where TLC meals are available*)
- NDIS and CDC **Home Care Package** approved meal supplier

"Tender Loving Cuisine has worked with Diabetes NSW & ACT for 16 years, and all our meals that display the 'd' icon have been evaluated and approved by Diabetes NSW & ACT as diabetes friendly"

*Tender Loving Cuisine delivers to NSW, ACT, VIC & QLD only



Butter Chicken



CALL 1800 801 200
or order online at www.tlc.org.au



5 WAYS WITH *mushrooms*

As the star player or in a supporting role, turn to this
humble fungus for earthy flavours and goodness

How
our food
works
for you

see page 79

**nutrition
info**

PER SERVE 967kJ,
protein 17g, total fat
8.4g (sat. fat 2.5g),
carbs 13.1g, fibre 9.5g,
sodium 412mg

- Carb exchanges 1
- GI estimate low
- Gluten-free option

**Herb and prosciutto
stuffed mushrooms**

Loaded with flavour, this
dish packs a robust punch!
see recipe, page 40 >>

nutrition info

PER SERVE 1588kJ,
protein 28g, total fat
14.6g (sat. fat 5.8g),
carbs 27g, fibre 9g,
sodium 680mg
• Carb exchanges 1¾
• GI estimate low
• Gluten free
• Lower carb

gluten free

lower carb

Lamb with
mushroom and
goat's cheese risotto
A tasty twist on a classic that
will have you saying cheese.
see recipe, page 40 >>

nutrition info

PER SERVE 1470kJ,
protein 36g, total fat
9.6g (sat. fat 2.7g),
carbs 24g, fibre 8g,
sodium 415mg

- Carb exchanges 1½
- GI estimate low
- Gluten-free option
- Lower carb

lower carb

**Beef and mushroom
casserole**

You won't have mush-room
in your belly after polishing
off a bowl of this!

see recipe, page 40 >>

**Mushroom, spinach
and cheddar soup**
It's so easy being green with
this creamy, cheesy soup.
see recipe, page 42 >>

nutrition info

PER SERVE 1190kJ,
protein 14g, total fat
11g (sat. fat 5g),
carbs 29g, fibre 4g,
sodium 500mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

nutrition info

PER SERVE 1564kJ,
protein 41g, total fat
10.5g (sat. fat 2.9g),
carbs 22g, fibre 9g,
sodium 304mg

- Carb exchanges 1½
- GI estimate low
- Lower carb

**Mushroom and
chicken goulash pie**
A crunchy, flaky top really
makes this old fave sing.
see recipe, page 42 >>

lower carb



Herb and prosciutto stuffed mushrooms

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A LIGHT MEAL)

500g (6 medium) flat mushrooms, stalks removed and reserved
1 tsp extra virgin olive oil
2 garlic cloves, crushed
1 zucchini, finely chopped
1 brown onion, finely chopped
30g prosciutto, finely chopped
250g tomatoes, finely chopped
¼ cup finely chopped herbs (such as dill and parsley)
10g finely grated parmesan
20g (¼ cup) breadcrumbs, made from Italian bread or gluten-free bread
20g (1 cup) rocket leaves, to serve
2 lemon wedges, to serve

1 Preheat oven to 190°C (fan-forced). Line a medium baking dish with baking paper. Arrange the mushrooms in the base of the dish, top side down.

2 Finely chop mushroom stalks. Heat the oil in a medium non-stick frying pan over medium. Add the mushroom stalks, garlic, zucchini, onion and prosciutto to the pan. Cook, stirring often, for 6-7 minutes or until onion softens. Add tomatoes to the pan and increase heat to high. Cook, stirring, for 2 minutes or until tomatoes soften. Combine the herbs and parmesan in a bowl. Add half to the pan and stir well to combine.

3 Divide the filling between mushrooms. Sprinkle over breadcrumbs. Bake mushrooms for 15 minutes or until tender.

Sprinkle mushrooms with the remaining herb mix. Serve with rocket leaves and lemon wedges.



Lamb with mushroom and goat's cheese risotto

PREPARATION TIME: 15 MINS
COOKING TIME: 25 MINS
SERVES 2 (AS A MAIN)

1 tsp extra virgin olive oil
½ leek, finely sliced
2 garlic cloves, finely chopped
4 thyme sprigs, leaves removed
400g button mushrooms, sliced
100g (½ cup) basmati rice
310ml (1¼ cups) boiling water
1 Massel Salt Reduced Vegetable Style Stock Cube
200g sugar snap peas, trimmed
½ bunch beetroot leaves (from baby beets), washed, chopped
4 trim lamb cutlets
Freshly ground black pepper
Olive oil cooking spray
40g goat's cheese

1 Heat the oil in a medium non-stick saucepan over medium, then add the leek, garlic, thyme and mushrooms. Cook, stirring often, for 7-10 minutes or until leek and mushrooms are very soft.

2 Increase heat to high and add rice. Cook, stirring, for 2 minutes. Combine boiling water and stock cube in a jug. Add 250ml (1 cup) of stock to the pan and stir well. Reduce heat to medium and cook, stirring occasionally, for 10 minutes or until the rice is almost tender.

3 Add remaining stock, sugar snap peas and beetroot leaves to pan. Stir well. Cook, stirring occasionally, for 2-3 minutes or

until leaves wilt, peas are tender-crisp and rice is just tender.

4 Meanwhile, heat a small chargrill pan over high. Season cutlets with pepper and spray with oil. Add to chargrill and cook for 1½ minutes each side for medium, or until cooked to your liking.

5 Stir the goat's cheese into the risotto. Serve with lamb cutlets.

COOK'S TIP

You can replace the beetroot leaves with 50g baby spinach.



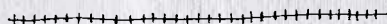
Beef and mushroom casserole

PREPARATION TIME: 15 MINS
COOKING TIME: 3 HOURS
SERVES 6 (AS A MAIN)

1 Tbsp olive oil
1kg lean blade steak, trimmed of all fat, cut into 2.5cm cubes
Freshly ground black pepper
2 Tbsp wholemeal plain flour or gluten-free flour
125ml (½ cup) red wine
250ml (1 cup) salt-reduced beef stock or gluten-free stock
2 Tbsp no-added-salt tomato paste
400g can no-added-salt crushed tomatoes
200g small button mushrooms
200g cap mushrooms, thickly sliced
3 carrots, cut into chunks
750g Carisma potatoes, unpeeled, cut into chunks
4 garlic cloves, peeled
2 thyme sprigs, leaves removed
2 rosemary sprigs, leaves removed
150g green beans, trimmed, halved diagonally
Chopped flat-leaf parsley, to serve (optional) ►

Good for you

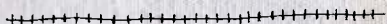
Mushrooms are an unexpected nutritional powerhouse as they're loaded with certain B vitamins, which are important for healthy red blood cells and nerve function. They also contain trace minerals such as copper, which is used in the production of red blood cells, the antioxidant selenium, and chromium, which may improve insulin function.



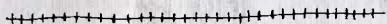
Studies have shown mushrooms exposed to UV light after harvesting produce enough vitamin D to meet an adult's daily needs. Special vitamin D-exposed mushrooms are available in most Australian supermarkets.



There are virtually no carbohydrates in mushrooms, so they have a minimal effect on blood glucose. And as they're low in kilojoules, they're a great food for weight control.



Mushrooms contain a variety of essential and non-essential amino acids, which are used by the body as building blocks in order to make protein.



NUTRITION INFO

Per 100g: 87kJ, protein 2.3g, total fat 0.4g (sat. fat 0.1g), carbs 0g, fibre 1g, sodium 1.4mg
• Carb exchanges 0 • GI estimate n/a



FOOD *in focus*

1 Preheat oven to 140°C (fan-forced). Heat half the oil in a large heavy-based stovetop-proof and ovenproof dish over medium-high. Season the beef with black pepper then toss in flour. Add half of the beef to dish and cook on the stovetop, stirring often, for 2-3 minutes or until lightly browned. Transfer to a plate, set aside and repeat with the remaining oil and beef.

2 Add the wine to the dish and increase heat to high to deglaze. Cook, stirring and scraping base of the dish, for 2 minutes. Add the stock, tomato paste and crushed tomatoes. Bring to a simmer, then return meat to the dish. Stir in the mushrooms, carrots, potatoes, garlic and herbs. Cover, transfer to the oven and cook, stirring once, for 2½ hours or until vegetables and meat are very tender.

3 Stir in the beans and return to the oven for 15 minutes. Serve casserole sprinkled with a little parsley, if you like.



Mushroom, spinach and cheddar soup

PREPARATION TIME: 15 MINS

COOKING TIME: 40 MINS

(+ 10 MINS COOLING)

SERVES 6 (AS A LIGHT MEAL)

1 Tbsp extra virgin olive oil
500g Swiss brown mushrooms, thinly sliced
2 garlic cloves, crushed
300g Carisma potatoes, peeled, chopped
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock

625ml (2½ cups) low-fat milk
120g baby spinach leaves
80ml (⅓ cup) light thickened cooking cream
50g reduced-fat vintage cheddar, grated
Freshly ground black pepper
40g slice sourdough bread, per person, to serve

1 Heat the oil in a large saucepan over medium-high. Add the mushrooms and garlic. Cook, stirring often, for 8-10 minutes or until the mushrooms soften. Remove and reserve ½ cup of the mushroom mixture.

2 Add the potatoes, stock and milk to the pan. Cover and bring to a simmer over medium heat. Cook, partially covered, for 20 minutes or until the potato is very tender. Stir in the spinach leaves. Set the soup aside for 10 minutes to cool slightly.

3 Transfer the soup to a food processor. Cover and blend until mushrooms and spinach are finely chopped and the soup is well-blended. Return soup to the pan over a low heat and stir in the cream and cheese. Continue stirring for 2-3 minutes until completely warmed through.

4 Evenly spoon soup between serving bowls. Spoon a little of the reserved mushroom mixture on top of each and sprinkle with pepper. Serve with the bread.



Mushroom and chicken goulash pie

PREPARATION TIME: 15 MINS

COOKING TIME: 40 MINS

SERVES 4 (AS A MAIN)

1 Tbsp olive oil
1 brown onion, cut into thin wedges
300g button mushrooms, quartered
2 carrots, finely chopped
1 red capsicum, chopped
2 celery sticks, finely chopped
2 garlic cloves, finely chopped
3 tsp smoked paprika
1 tsp dried oregano
1 sachet no-added-salt tomato paste
400g can no-added-salt tomato puree
125ml (½ cup) salt-reduced chicken stock
600g skinless chicken breast fillet, trimmed of fat, thickly sliced
1 tsp cornflour
60g (¼ cup) extra light sour cream
4 sheets filo pastry
Olive oil cooking spray

1 Heat the oil in a large saucepan over medium. Add the onion, button mushrooms, carrots, capsicum, celery and garlic. Cook, stirring often, for 4-5 minutes. Add the smoked paprika and oregano and cook, stirring, for 1 minute.

2 Preheat oven to 200°C (fan-forced). Add the tomato paste, tomato puree and stock. Cover, bring to a simmer and simmer for 10 minutes. Add the chicken and cook, stirring, for 1 minute. Combine the cornflour and sour cream, then add to the pan. Cook, stirring, until the mixture thickens and comes to a simmer. Transfer to a 2L (8-cup) ovenproof dish.

3 Spray each sheet of filo with cooking spray and cut each sheet lengthways into 4 strips. Scrunch up each strip of filo and place on top of the chicken mixture to cover. Spray the filo top with cooking spray. Bake for 15 minutes or until golden brown on top. Serve. ■

Your perfect AUTUMN MENU



nibble

Beetroot, feta
& thyme tart

to start

Autumn minestrone

main event

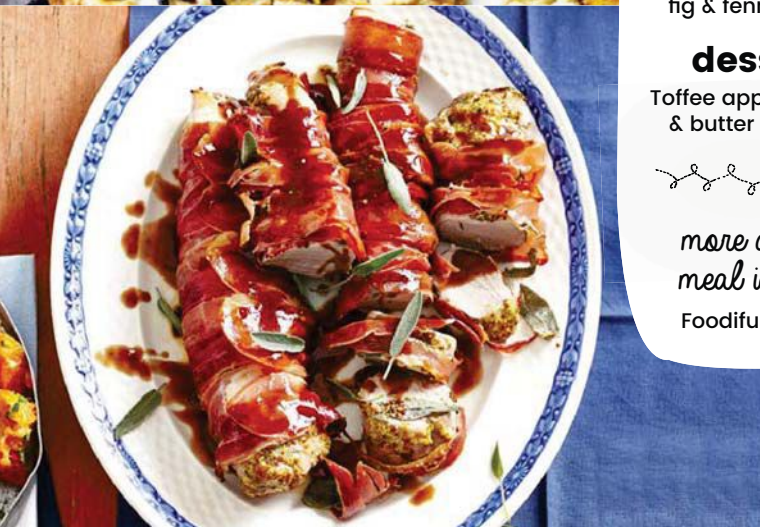
Roast prosciutto-
wrapped pork with
fig & fennel glaze

dessert

Toffee apple brioche
& butter pudding

more autumn
meal ideas at

Foodiful.com.au



foodiful.com.au

Australia's *newest* home for food

find

delicious recipes

shop 

any time and save

cook

meals they'll love

Breakfast parfait

Chop a 250g punnet **strawberries**, 2 kiwifruits and 1 small **banana** into bite-sized pieces. Combine with 1 **orange**, segmented. Evenly spoon 1 cup of **low-fat Greek-style natural yoghurt** between 4 x 500ml (2-cup) glass jars. Top with 75g **Hubbards Toasted Muesli, Pomegranate & Blueberry** or **gluten-free muesli**, then half of the fruit. Repeat layering with the same amounts of yoghurt, muesli and remaining fruit. Sprinkle over 25g **unsalted shelled pistachio nuts**, cut into slivers. Serve.

nutrition info

PER SERVE 1624kJ, protein 17g, total fat 10g (sat. fat 2.8g), carbs 50g, fibre 11g, sodium 181mg
• Carb exchanges 3½ • GI estimate low • Gluten-free option

Hazelnut and ricotta pancakes with rhubarb

Sweet meets tart in a brekkie fit for a queen.
see recipe, page 48 >>

nutrition info

PER SERVE 1528kJ, protein 14g, total fat 12g (sat. fat 2.3g), carbs 46g, fibre 7g, sodium 362mg
• Carb exchanges 3
• GI estimate low

How
our food
works
for you

see page 79

Show the Love

Indulge the mum in your life with these lovely **breakfast ideas**.

Each dish is easy to make and packed with flavour – just choose your recipe and get cooking to make her day extra special!

Love you
Mum



**Middle Eastern
baked eggs**
You'll want to use your
Turkish bread to soak up
every last bit of sauce!
see recipe, page 48 >>

nutrition info

PER SERVE 1524kJ,
protein 18g, total
fat 12g (sat. fat 2.2g),
carbs 40g, fibre 11g,
sodium 679mg
• Carb exchanges 2½
• GI estimate medium
• Gluten-free option

gluten free

lower carb

**Indian vegetable
fritters with yoghurt**
All the spice and
everything nice!
see recipe, page 48 >>

nutrition info

PER SERVE 1207kJ,
protein 15g, total fat
13.3g (sat. fat 2.8g),
carbs 22g, fibre 9g,
sodium 155mg
• Carb exchanges 1½
• GI estimate low
• Lower carb
• Gluten free

nutrition info

PER SERVE 1528kJ,
protein 15g, total fat
9.4g (sat. fat 3.3g),
carbs 50g, fibre 8g,
sodium 344mg

- Carb exchanges 3½
- GI estimate medium

**Cheesy kale and
prosciutto scrolls**

Serve them warm with
a cuppa – she'll love it!

see recipe, page 49 >>



Hazelnut and ricotta pancakes with rhubarb

PREPARATION TIME: 20 MINS

COOKING TIME: 20 MINS

SERVES 4 (AS A BREAKFAST)

- 1 bunch rhubarb, trimmed, washed, cut into 4cm lengths
- 2 Tbsp caster sugar
- 60ml (¼ cup) water
- 1 cinnamon stick, broken in half
- 70g (½ cup) low-fat vanilla yoghurt, to serve (optional)

Pancakes

- 80g (½ cup) wholemeal self-raising flour
- 75g (½ cup) self-raising flour
- 1 Tbsp caster sugar
- 60g egg, lightly whisked
- 310ml (1¼ cups) buttermilk
- 100g Pantalica Smooth Ricotta Cheese
- 50g hazelnuts, chopped
- Cooking spray

- 1 Place rhubarb,** sugar, water and cinnamon in a medium saucepan. Cover and bring to a simmer over high heat. Reduce heat to medium. Cook, covered, for 5 minutes. Remove from heat and discard cinnamon. Set aside, covered, for 10 minutes. Transfer to a bowl.
- 2 Meanwhile,** to make pancakes, put the flours and sugar in a

medium bowl. Whisk in the egg, buttermilk and ricotta until just combined. Stir in the hazelnuts.

- 3 Cooking 2-3 pancakes** at a time, spray a large non-stick frying pan with cooking spray and heat over medium. Add ⅓ cup of the batter to the pan for each pancake. Cook for 2-3 minutes or until light golden underneath and bubbles appear on the surface. Turn over and cook for 1 minute. Transfer to a plate and cover with a clean tea towel to keep warm.

- 4 Serve pancakes** warm. Top with rhubarb and yoghurt, if you like.



Middle Eastern baked eggs

PREPARATION TIME: 10 MINS

COOKING TIME: 35 MINS

SERVES 4 (AS A BREAKFAST)

- 2 Tbsp boiling water
- Pinch saffron threads
- 2 tsp extra virgin olive oil
- 1 brown onion, cut into slivers
- 1 garlic clove, crushed
- 2 tsp smoked paprika
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- Pinch ground chilli
- 400ml jar Mutti Passata
- 125ml (½ cup) water
- 2 large tomatoes, chopped
- 1 red capsicum, cut into short, thin strips
- 4 x 60g eggs, at room temperature
- Freshly ground black pepper
- 90g (⅓ cup) low-fat Greek-style natural yoghurt
- 2 Tbsp dukkah or gluten-free dukkah
- Small mint leaves, to serve

- 4 x 50g slices Turkish bread or gluten-free bread, toasted, to serve

- 1 Combine the boiling water** and saffron in a small saucepan. Heat the oil in a large non-stick frying pan over medium. Add the onion and garlic. Cook, stirring often, for 6-7 minutes or until the onion softens. Add paprika, cinnamon, cumin and chilli. Cook, stirring, for 1 minute.

- 2 Preheat oven** to 190°C (fan-forced). Add passata, water, tomatoes and capsicum to saffron water. Bring to a simmer, over medium heat. Reduce to low and simmer uncovered, for 15-20 minutes or until mixture thickens.

- 3 Evenly spoon sauce** into 4 small (250ml/1-cup) ovenproof dishes and place on a baking tray. Make an indent in the centres and crack an egg inside. Sprinkle with pepper. Bake for 10-15 minutes or until eggs are just set.

- 4 Top each dish** with the yoghurt, dukkah and mint leaves. Serve with Turkish bread on the side.



Indian vegetable fritters with yoghurt

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES 4 (AS A BREAKFAST)

- 1 brown onion, coarsely grated
- 250g (1 large) Carisma potato, peeled, coarsely grated, excess moisture squeezed out
- 2 carrots, coarsely grated
- 1 large zucchini, coarsely grated, excess moisture squeezed out

55g (½ cup) frozen peas
4cm-piece ginger, peeled,
coarsely grated
2 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
Pinch cayenne pepper
½ cup chopped coriander
50g (½ cup) besan (chickpea) flour
4 x 60g eggs, lightly whisked
1½ Tbsp olive oil
Coriander sprigs, to serve
60g pkt baby spinach leaves,
to serve

Minted yoghurt

130g (½ cup) low-fat Greek-style
natural yoghurt
¼ cup mint leaves, finely chopped
2 tsp fresh lemon juice
Freshly ground black pepper

1 Combine the onion, potato, carrots, zucchini, peas and ginger in a large bowl. Place coriander, cumin, turmeric and cayenne in a small non-stick frying pan over medium heat. Cook, stirring, for 1 minute or until aromatic. Add to the vegetable mixture. Stir in the coriander, flour and eggs.

2 Preheat oven to 170°C (fan-forced). Cooking 4 fritters at a time, heat 2 teaspoons of the oil in a large non-stick frying pan over medium. Adding ¼ cup of mixture to the pan for each fritter, cook for 3 minutes or until set and golden underneath. Turn over and cook for 2 minutes. Transfer to a tray lined with baking paper. Cover with foil and put in the oven to keep warm.

3 To make the minted yoghurt, combine all ingredients in a bowl.

4 Serve fritters topped with coriander and with minted yoghurt and baby spinach on the side.



Cheesy kale and prosciutto scrolls

PREPARATION TIME: 30 MINS
(+ 45 MINS PROVING + 30 MINS
COOLING + 30 MINS RESTING)
COOKING TIME: 30 MINS
SERVES 4 (1 PER PERSON, WITH
LEFTOVERS, AS A BREAKFAST)

320g (2 cups) wholemeal
plain flour
225g (1½ cups) strong
bread flour
7g sachet dried yeast
375ml (1½ cups) lukewarm water
40g light margarine,
melted, cooled
Olive oil cooking spray
1 egg yolk (60g egg), whisked
2 Tbsp finely grated parmesan
1 tsp poppy seeds

Filling

2 tsp extra virgin olive oil
150g (½ bunch) kale, core
removed, finely shredded
150g button mushrooms,
thinly sliced
1 large zucchini, coarsely grated,
excess moisture squeezed out
60g prosciutto, finely chopped
50g reduced-fat semi-dried
tomatoes, finely chopped
100g bocconcini, chopped

1 Combine the flours and yeast in a large bowl. Add water and margarine and, using a flat-bladed knife, stir until mixture starts to come together. Turn out onto a lightly floured surface and knead for 10 minutes or until smooth

and dough bounces back when prodded with a finger. Spray a large bowl with oil. Add dough then cover bowl with plastic wrap and a clean tea towel. Put in a warm place for 45 minutes or until almost doubled in size.

2 Meanwhile, to make the filling, heat the oil in a large non-stick frying pan over medium-high.

Add the kale, mushrooms, zucchini and prosciutto. Cook, stirring often, for 5-6 minutes or until kale wilts. Transfer to a large bowl and stir in the tomatoes.

Set aside to cool for 30 minutes.

3 Line a large baking tray with baking paper. Roll out the dough on a lightly floured surface to form a 28 x 48cm rectangle. Spread the filling over the dough right to the edges. Top with bocconcini. Starting from 1 long side, roll up firmly to enclose filling. Cut log into 8 even pieces (about 5-6cm wide). Using photo as a guide, arrange 7, just touching, in a circular pattern on the tray around 1 in the centre. Cover with a tea towel. Set aside in a warm place for 30 minutes.

4 Preheat oven to 180°C (fan-forced). Brush dough with egg yolk and sprinkle with parmesan and poppy seeds. Bake for 25-30 minutes or until golden. Serve warm, or at room temperature.

COOK'S TIP

Keep scrolls in an airtight container in the fridge for up to 2 days. Or wrap each in plastic wrap, put in a resealable bag and expel air. Label, date and freeze for up to 3 months. To serve, defrost, wrap loosely in foil and warm in an oven preheated to 170°C (fan-forced) for 10-15 minutes. ■



IN SEASON

She'll be *apples*

One a day won't seem enough with these
tasty, versatile all-rounders

AVAILABLE

All year round, but you'll find more variety at this time of year. The five most popular apples sold in Australia are Granny Smith, Red Delicious, Pink Lady, Fuji and Royal Gala. Other varieties include Jonathan, Braeburn, Bonza and Golden Delicious. The sweetness of Red Delicious apples makes them well suited to using fresh in salads and desserts.

PICKING

Choose apples that have a firm, smooth skin with no bumps, bruises or blemishes.

EATING

Apples can simply be washed and eaten – nature's easiest snack!

TO STORE

Keep in the fridge for up to one month. Storing your apples outside of the fridge causes them to deteriorate quicker, meaning they won't keep as long.

HEALTH BENEFITS

You've heard it time and time again! An apple a day keeps the doctor away – and packed with antioxidants and vitamin C, the saying might be true! Eating them with the skin on will give you an extra boost of immunity – as just under the skin is where all the goodness is found.

Apples are also a great source of dietary fibre, which is important for maintaining good bowel health and regulating cholesterol.

Apples have a glycaemic index of 40 (low) and a glycaemic load of 4-6 (low), meaning they are an ideal choice for people with diabetes, as they won't cause blood glucose spikes. One medium apple (160g) contains around 20g of carbs (1½ carb exchanges).

Per 100g 245kJ, **protein** 0.3g, **total fat** 0.3g (sat. fat 0g), **carbs** 12g, **fibre** 2.4g, **sodium** 2mg

• **Carb exchanges** ¾

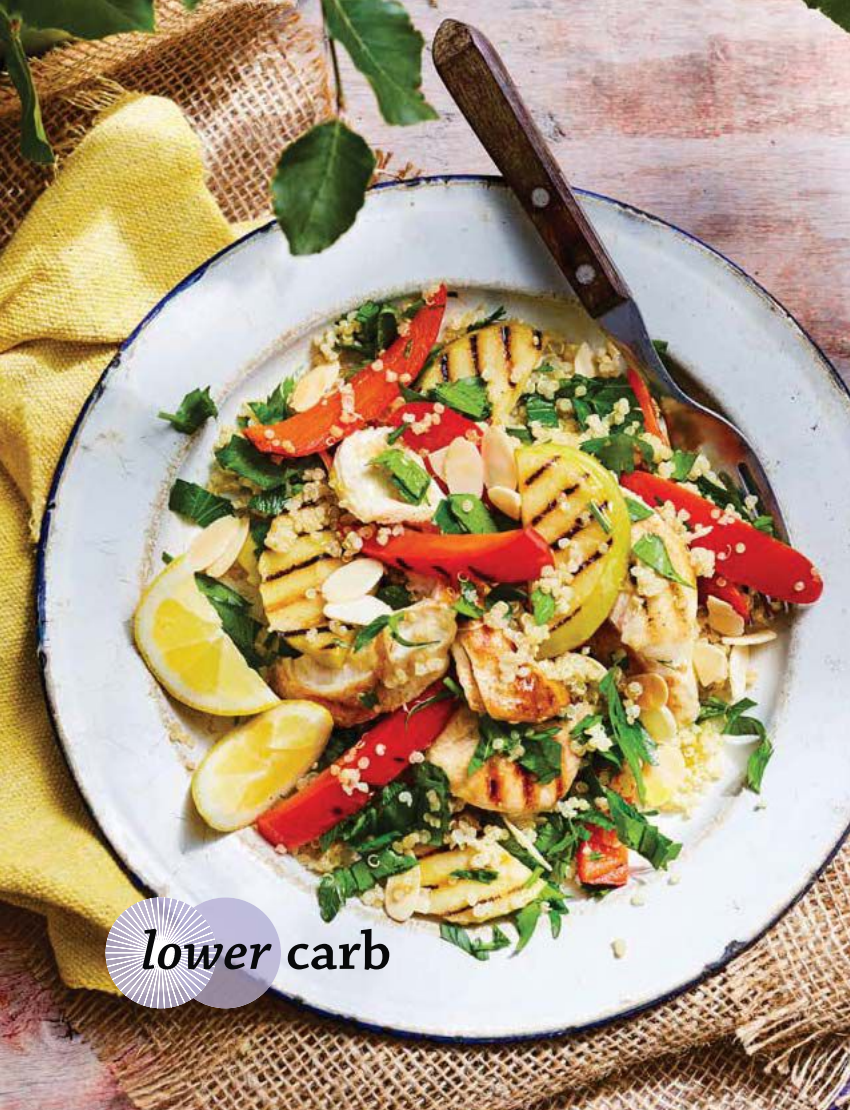
• **GI estimate** low

Mini apple pies
A clever take on a classic
family favourite.
see recipe, page 54 >>

How
our food
works
for you
see page 79

**nutrition
info**

PER SERVE 724kJ,
protein 2g, total fat 4g
(sat. fat 1.6g), carbs 31g,
fibre 2g, sodium 49mg
• Carb exchanges 2
• GI estimate medium



Left: Chicken, apple and almond quinoa
Keep things light with this fresh and fruity dish.
see recipe, page 54 >>

nutrition info

PER SERVE 1644kJ,
protein 34g, total fat 15g
(sat. fat 2.2g), carbs 25g,
fibre 8g, sodium 76mg
• Carb exchanges 1½
• GI estimate low
• Lower carb

lower carb



Right: Apple and blackberry crunch muffins
These little beauties are perfect on-the-go snacks.
see recipe, page 54 >>

nutrition info

PER SERVE 660kJ, protein 5g,
total fat 2.5g (sat. fat 0.8g), carbs
28g, fibre 3g, sodium 182mg
• Carb exchanges 2
• GI estimate medium



nutrition info

PER SERVE 1794kJ,
protein 26g, total
fat 10.5g (sat. fat 4g),
carbs 47g, fibre 20g,
sodium 592mg
• Carb exchanges 3
• GI estimate low

**Sausage and
apple tray bake**
Throw the lot into the oven
for an easy midweek meal.
see recipe, page 55 >>



Mini apple pies

PREPARATION TIME: 10 MINS
COOKING TIME: 30 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

2 large red apples (e.g. Royal Gala)
60ml (¼ cup) unsweetened apple juice
60ml (¼ cup) water
3 tsp wholemeal plain flour
2 tsp caster sugar
Pinch mixed spice
½ sheet 25% reduced-fat puff pastry, cut into strips
60g egg, lightly whisked
2 tsp demerara sugar
1 Tbsp caramel topping

1 Preheat oven to 200°C (fan-forced). Line a small baking dish with baking paper.
2 Cut apples in half crossways. Use a small spoon to scoop out flesh (discarding core), leaving a 2mm shell of flesh and skin. Chop flesh and place in a small saucepan with juice, water, flour, sugar and mixed spice. Cover and bring to a simmer over medium heat. Cook for 5-6 minutes or until almost tender.

3 Spoon apple mixture evenly between apple shells. Place in the baking dish. Using pastry strips, form a lattice pattern over apple tops. Brush pastry with egg and sprinkle with sugar. Bake for 20-25 minutes or until apples are tender and pastry is golden.

4 Drizzle caramel topping over the apples and serve.



Chicken, apple and almond quinoa

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
(+ 15 MINS STANDING)
SERVES 2 (AS A MAIN MEAL)

25g (¼ cup) quinoa
125ml (½ cup) boiling water
250g (1 large) red apple (e.g. Royal Gala or Fuji), quartered, cored, thickly sliced
1 red capsicum, quartered, seeded, flattened
250g skinless chicken breast fillet, trimmed of fat
Olive oil cooking spray
1 Tbsp flaked almonds, toasted (see Cook's tips)
1 cup flat-leaf parsley leaves, roughly chopped
2 Tbsp fresh lemon juice
3 tsp extra virgin olive oil
Freshly ground black pepper
Lemon wedges, to serve

1 Rinse the quinoa in a fine sieve, then add to a small saucepan with the water. Cover and bring to a simmer over medium heat. Reduce heat to medium-low and cook, covered, for 12-15 minutes or until the liquid is absorbed. Remove from heat and set aside, covered, for 5 minutes. Transfer to a bowl. Set aside for 10 minutes.

2 Meanwhile, preheat a large chargrill pan on medium-high. Spray the apple, capsicum and chicken with olive oil. Add to the chargrill pan and cook for

2-3 minutes each side for the apples and capsicum and 4 minutes each side for the chicken. Transfer to a plate.

3 Cut the chicken and capsicum into thick strips. Place them in a medium bowl with the apple slices, almonds, parsley, lemon juice and oil. Season with pepper. Toss to combine. Toss in quinoa. Serve with lemon wedges on the side.

COOK'S TIPS

► To toast almonds, spread on a baking tray and cook in an oven preheated to 170°C (fan-forced) for 7-8 minutes or until light golden brown.

► To serve as a light meal, simply omit the quinoa and boiling water.



Apple and blackberry crunch muffins

PREPARATION TIME: 10 MINS
COOKING TIME: 25 MINS
MAKES 12 (1 PER SERVE AS A SNACK)

Cooking spray

160g (1 cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
30g (1 cup) Special K, roughly crushed
1 Royal Gala apple, quartered, cored, finely chopped
120g (1 cup) frozen blackberries
2 Tbsp rolled oats
80g (½ cup) brown sugar

310ml (1½ cups) buttermilk
40g light margarine,
melted and cooled
60g egg
1 tsp vanilla extract
1 Granny Smith apple,
coarsely grated

1 Preheat oven to 170°C (fan-forced). Line 12 x 80ml (⅓ cup) muffin pan holes with paper cases and spray with the cooking spray.

2 Combine the flours and Special K in a large bowl. Stir in the chopped apple and blackberries until well coated in the flour. Combine the rolled oats and 2 tablespoons of the brown sugar in a small bowl. Set aside. Add the remaining brown sugar to the fruit mixture and stir well.

3 Whisk the buttermilk, margarine, egg and vanilla extract in a small bowl. Add to the fruit mixture with the grated apple and stir until combined. Spoon the mixture evenly between the paper cases. Sprinkle the oat mixture over the top. Bake for 25-28 minutes or until a skewer inserted into the centres comes out clean. Set aside in the pan for 5 minutes before transferring to a wire rack to cool. Serve.

COOK'S TIP

Keep the muffins in an airtight container for up to 2 days. Alternatively, wrap muffins individually in plastic wrap and place in a resealable bag. Expel any air. Label, date and freeze for up to 3 months.



Sausage and apple tray bake

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 2 (AS A MAIN)

1 red apple (e.g. Royal Gala or Pink Lady), unpeeled, quartered, core removed, cut into chunks

1 Granny Smith apple, unpeeled, quartered, core removed, cut into chunks

300g orange sweet potato, peeled, chopped

300g brussels sprouts, trimmed, halved

1 red or green capsicum, seeded, cut into chunks

Handful sage leaves

2 rosemary sprigs

Extra virgin olive oil cooking spray

3 Peppercorn Extra Lean

Beef Sausages

1 Tbsp Gravox Reduced Salt

Traditional Gravy powder

80ml (⅓ cup) boiling water

1 Preheat oven to 200°C (fan-forced). Line a medium roasting

pan with baking paper. Place the apples, sweet potato, brussels sprouts, capsicum, sage and rosemary in the pan. Spray with oil. Roast for 15 minutes.

2 Add the sausages to the pan and spray with oil. Roast for 10 minutes or until the sausages are cooked and the vegetables are tender.

3 Meanwhile, whisk the gravy powder and the boiling water in a small heatproof jug until well combined and thickened.

4 Serve the sausages, with the apple and vegetables drizzled with the gravy. (Allowing 1½ sausages per person). ■

**Tray-baked
sumac
chicken and
vegetables**
A delish roast
dinner that
makes dining
solo a delight.
*see recipe,
page 60 >>*

How
our food
works
for you

see page 79

**nutrition
info**

PER SERVE 1711kJ,
protein 46g, total fat
7g (sat. fat 1.3g),
carbs 31g, fibre 15g,
sodium 608mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

Cooking for one

Dine in style every night with our
quick and easy, fuss-free meals

Tortellini with
mushroom and
bacon sauce

Yes, you can have your
bacon and eat it, too, in
this flavour-packed pasta.
see recipe, page 60 >>

nutrition info

PER SERVE 1776kJ,
protein 27g, total fat
14.3g (sat. fat 4.3g),
carbs 37g, fibre 14g,
sodium 780mg
• Carb exchanges 2½
• GI estimate low



Goat's cheese,
apple, walnut and
parsley tart
The perfect main for
a sweet tooth!
see recipe, page 61 >>

nutrition info

PER SERVE 1647kJ,
protein 8g, total fat
18.2g (sat. fat 5.5g),
carbs 45g, fibre 9g,
sodium 507mg

- Carb exchanges 3
- GI estimate low
- Gluten-free option

nutrition info

PER SERVE 1663kJ,
protein 13g, total fat
12.5g (sat. fat 4.2g),
carbs 52g, fibre 14g,
sodium 122mg
• Carb exchanges 3½
• GI estimate low
• Gluten free

**Stuffed roasted
sweet potato**
This is just like a Mexican
taco, but with a tastier,
and healthier, shell.
see recipe, page 61 >>

gluten free



Tray-baked sumac chicken and vegetables

PREPARATION TIME: 10 MINS

COOKING TIME: 25 MINS

SERVES 1 (AS A MAIN)

200g cauliflower, cut into florets
Olive oil cooking spray
½ tsp ground sumac
½ tsp smoked paprika
150g (3) chicken tenderloins, trimmed of fat and sinew
150g pkt sweet tomatoes on the vine
50g kale, inner stem removed, roughly chopped
2 lemon wedges, to serve
50g wholemeal grain roll, or gluten-free roll, to serve

1 Preheat oven to 200°C (fan-forced). Line a small roasting pan with baking paper. Place the cauliflower florets in the pan and spray with cooking spray. Roast for 15 minutes.

2 Meanwhile, combine the sumac and paprika on a plate. Add the chicken and toss to coat. Spray with cooking spray.

3 Add tomatoes to the pan and spray with cooking spray. Add the chicken and roast for 5 minutes. Spray kale with cooking spray and place over tomato and chicken in the pan. Roast for 5 minutes or until chicken is cooked and kale is wilted. Serve with lemon wedges and bread roll on the side.

COOK'S TIP

Try replacing the tomatoes on the vine with cherry tomatoes and the kale with silverbeet.



Tortellini with mushroom and bacon sauce

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

80g Latina Fresh Veal Tortellini
1 tsp extra virgin olive oil
30g Weight Watchers bacon, finely chopped
100g button mushrooms, thinly sliced
1 garlic clove, crushed
80g (½ cup) frozen peas
1 large zucchini, coarsely grated
25g (1 cup) baby spinach leaves
10g finely grated parmesan
¼ lemon, juiced
Freshly ground black pepper

1 Bring a small saucepan of water to the boil. Add tortellini and cook according to packet directions, or until just tender. Drain well and return to the pan.

2 Meanwhile, heat the oil in a small non-stick frying pan over medium-high. Add the bacon, mushrooms and garlic and cook, stirring often, for 4-5 minutes or until mushrooms soften. Add the peas and zucchini. Cook, tossing often, for 2 minutes or until the vegetables are tender.

3 Add bacon mixture, spinach, parmesan and lemon juice to the pasta. Sprinkle with pepper, then toss to combine and wilt the spinach. Serve immediately.

COOK'S TIP

Try replacing the baby spinach with baby rocket leaves.

RECIPES ALISON ROBERTS; LISA URQUHART; DIETITIAN PHOTOGRAPHY BRETT STEVENS
STYLING MARIE-HÉLÈNE CLAUZON FOOD PREPARATION TINA MCLEISH



Goat's cheese, apple, walnut and parsley tart

PREPARATION TIME: 10 MINS

COOKING TIME: 15 MINS

SERVES 1 (AS A MAIN)

¼ sheet 25% reduced-fat puff pastry or gluten-free pastry
 1 tsp basil pesto or gluten-free pesto
 1 apple, quartered, thinly sliced
 Olive oil cooking spray
 Fresh lemon juice, to drizzle
 10g goat's cheese
 5g walnuts, roughly chopped
 1 Tbsp chopped parsley leaves
 60g (3) canned baby beets, drained, patted dry with paper towel, cut into wedges
 1 celery stick, diagonally sliced
 25g (1 cup) baby spinach leaves
 Balsamic glaze, to serve (optional)

1 Preheat oven to 200°C (fan-forced). Line a small baking tray with baking paper. Place the pastry on the prepared tray and lightly score a line around square about 0.5cm in from the edge.

2 Spread pesto over the middle of the pastry. Top with half of

the sliced apple, overlapping slightly. Spray with cooking spray. Place remaining apple in a medium bowl with a drizzle of lemon juice. Set aside.

3 Bake tart for 10 minutes. Crumble the goat's cheese over the top of the apple and scatter with walnuts. Bake for 2-3 minutes or until the pastry is golden brown.

4 Place the tart on a serving plate and top with the parsley leaves. Add the beets, celery and spinach to the apple mixture and toss to combine. Serve the tart with the salad, drizzling over the balsamic glaze, if you like.

COOK'S TIP

Try replacing the walnuts with slivered almonds and the spinach with rocket.



Stuffed roasted sweet potato

PREPARATION TIME: 10 MINS

COOKING TIME: 30 MINS

SERVES 1 (AS A MAIN)

300g orange sweet potato, washed
 Olive oil cooking spray
 45g (¼ cup) canned black beans, drained
 25g (¼) avocado, finely chopped
 5 cherry tomatoes, chopped
 1 Tbsp fresh lime juice
 2 Tbsp coriander leaves, roughly chopped
 1 Tbsp extra light sour cream
 1 Tbsp reduced-fat grated cheese
 Freshly ground black pepper

1 Preheat oven to 200°C (fan-forced). Using a fork, prick the sweet potato all over and spray with cooking spray. Wrap the potato in foil and place on a small baking tray. Roast for 30 minutes or until the flesh is soft when tested with a skewer.

2 Carefully remove sweet potato from the foil and place on a serving plate. Slice down the centre lengthways (don't cut all the way through) and flatten out slightly.

3 Combine the black beans, avocado, tomatoes, lime juice and coriander in a small bowl. Using a spoon, pile mixture on top of the sweet potato. Top with sour cream and cheese. Sprinkle with pepper and serve immediately.

COOK'S TIP

Try replacing the black beans with no-added-salt kidney beans and the coriander with parsley. ■

Goat's cheese is lower in kJs than other cheeses, and A **GOOD SOURCE** of protein and calcium

**nutrition
info**

PER SERVE 292kJ,
protein 1g, total fat
0.7g (sat. fat 0.2g),
carbs 15g, fibre 1g,
sodium 29mg
• Carb exchanges 1
• GI estimate medium

Citrus meringue tarts

These zingy bites will make
you squeal with delight!

see recipe, page 68 >>





Treats with *TANG*

Regain your ***zest for life*** with these delicious sweets using the magic of oranges and lemons



Citrus soufflé
Unfalteringly fluffy, every mouthful is a spoonful of heaven.
see recipe, page 68 >>

nutrition info

PER SERVE 367kJ, protein 5g, total fat 1.9g
(sat. fat 0.7g), carbs 13g, fibre 1g, sodium 49mg
• Carb exchanges 1 • GI estimate medium

FOOD *desserts*

nutrition info

PER SERVE (with sugar)
790kJ, **protein** 5g, **total fat** 3.4g (sat. fat 0.9g),
carbs 34g, **fibre** 2g,
sodium 158mg
• Carb exchanges 2¼
• GI estimate medium

PER SERVE (with sugar substitute) 661kJ,
protein 5g, **total fat** 3.4g (sat. fat 0.9g), **carbs** 26g,
fibre 2g, **sodium** 158mg
• Carb exchanges 1½
• GI estimate medium



**Lemon, yoghurt
and semolina cake**
There's nothing unfortunate
about this lemony snicket.
see recipe, page 69 >>

nutrition info

PER SERVE (with sugar) 556kJ, **protein** 4g, **total fat** 4.9g (sat. fat 2g), **carbs** 18g, **fibre** 1g, **sodium** 113mg
• **Carb exchanges** 1¼
• **GI estimate** medium

PER SERVE (with sugar substitute) 427kJ, **protein** 4g, **total fat** 4.9g (sat. fat 2g), **carbs** 10g, **fibre** 1g, **sodium** 113mg
• **Carb exchanges** ¾
• **GI estimate** medium

Lemon cupcakes with cream cheese frosting

Put on the kettle and enjoy a little mellow yellow.
see recipe, page 70 >>



**Honey, walnut and
orange biscuits**
Morning tea mini bites
with an orangey lift.
see recipe, page 70 >>

nutrition info

PER SERVE 316kJ,
protein 1g, total fat
2.8g (sat. fat 0.3g),
carbs 11g, fibre 1g,
sodium 34mg
• Carb exchanges $\frac{2}{3}$
• GI estimate medium





*Tantalise your
tastebuds*
with some **CITRUS**
zing – perfect for
any occasion

nutrition info

PER SERVE (with
sugar) 700kJ,
protein 7g, total fat
6g (sat. fat 2.5g),
carbs 21g, fibre 2g,
sodium 125mg
• Carb exchanges 1½
• GI estimate low

PER SERVE (with
sugar substitute)
544kJ, protein 7g,
total fat 6g (sat. fat
2.5g), carbs 11g, fibre
2g, sodium 125mg
• Carb exchanges ¾
• GI estimate low

Baked jaffa
cheesecake
Did someone say chocolate
and orange? Oh my!
see recipe, page 71 >>

FOOD *desserts*



Citrus meringue tarts

PREPARATION TIME: 15 MINS

COOKING TIME: 25 MINS

(+ 10 MINS COOLING)

MAKES 12 (1 PER SERVE,
AS A SNACK OR DESSERT)

Cooking spray

5 sheets filo pastry

2 egg whites (60g eggs)

80g (½ cup) caster sugar

Citrus curd

60g (¼ cup) caster sugar

1½ Tbsp cornflour

80ml (⅓ cup) fresh orange juice

60ml (¼ cup) fresh lemon juice

1 egg yolk (60g egg)

Few drops orange food
colouring (optional)

1 To make the citrus curd, combine the sugar and cornflour in a small saucepan. Whisk in the orange juice and lemon juice. Cook, stirring, over medium heat, until the mixture thickens and comes to a simmer. Remove pan from the heat and whisk in the egg yolk and food colouring, if using. Return to the heat and

cook, whisking, for 1 minute. Transfer to a medium bowl. Cover the surface with plastic wrap and set aside to cool slightly.

2 Preheat oven to 180°C (fan-forced). Spray 12 x 30ml (1½ Tbsp) round-bottomed patty pan holes with cooking spray. Lay out 1 sheet of pastry on a clean surface. Spray with cooking spray, then top with another sheet of pastry and spray. Continue layering and spraying with the remaining pastry sheets. Using a 7.5-8cm round cutter, cut out 12 rounds, discarding remaining pastry. Use pastry rounds to line the patty pan holes.

3 Prick bases of the pastry rounds with a fork. Bake for 10 minutes or until pastry is golden brown. Set aside for 10 minutes to cool.

4 Evenly spoon the citrus curd between the pastry cases. Place the egg whites in a small bowl. Using electric beaters, whisk until soft peaks form. Add the sugar, 1 tablespoon at a time, whisking well between each addition until the sugar dissolves.

5 Evenly spoon the meringue over the curd. Using the back of the spoon, spread to cover, sealing in the curd. Use the spoon to make little peaks in the meringue. Bake for 8-10 minutes or until light golden. Serve.



Citrus soufflé

PREPARATION TIME: 20 MINS

COOKING TIME: 25 MINS

SERVES 8 (AS A DESSERT)

Cooking spray

3 Tbsp wholemeal plain flour

310ml (1¼ cups) low-fat milk

Zest of ½ orange

Zest of 1 lemon

60ml (¼ cup) fresh orange juice

2 x 60g eggs, separated

2 egg whites (60g eggs)

60g (¼ cup) caster sugar

Icing sugar, for dusting (optional)

Grated orange zest, to serve
(optional)

1 Preheat oven to 170°C (fan-forced). Spray a 1.25L (5-cup) ovenproof soufflé dish with cooking spray. Put the flour in a medium saucepan and gradually whisk in the milk. Cook, stirring, over medium heat until the sauce thickens and comes to a simmer. Add the zests, juice and egg yolks, and whisk until smooth. Transfer to a large bowl. Set aside.

2 Put the 4 egg whites in the bowl of an electric mixer and whisk until soft peaks form. Add the sugar, 1 tablespoon at a time, whisking well between each addition, until the sugar dissolves.

3 Add a large spoonful of the egg white mixture to the citrus sauce and mix together until well

Luscious lemon and uplifting
ORANGE. Bake yourself happy!

combined. Add the remaining mixture in 2 batches folding in until just combined. Pour mixture into soufflé dish, then run a finger around the inside edge of the dish to ensure the mixture isn't sticking to the side. Bake for 20-25 minutes or until the soufflé is puffed, lightly golden and cooked through. Dust with icing sugar and top with zest, if you like. Serve.



Lemon, yoghurt and semolina cake

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

(+ 10 MINS COOLING

+ 15 MINS SETTING)

SERVES 12 (AS AN

OCCASIONAL DESSERT)

Cooking spray

120g (¾ cup) wholemeal

self-raising flour

75g (½ cup) self-raising flour

110g (½ cup) caster sugar

or granulated sugar substitute

100g (½ cup) fine semolina

Finely grated zest of 2 lemons

130g (½ cup) low-fat Greek-style

natural yoghurt

70g light margarine, melted, cooled

100ml fresh lemon juice

80ml (⅓ cup) low-fat milk

2 x 60g eggs, lightly whisked

Lemon twist and mint leaves,
to serve (optional)

Icing

80g (½ cup) pure icing sugar

Zest of 1 lemon

3 tsp fresh lemon juice

Few drops yellow food colouring

1 Preheat oven to 170°C (fan-forced). Spray a 20cm (base measurement) round cake tin with cooking spray. Line the base and side with baking paper.

2 Combine the flours, sugar, semolina and lemon zest in a large bowl. Add the yoghurt, margarine, lemon juice, milk and eggs. Whisk until just combined and pour into the pan. Bake for 35-40 minutes or until a skewer inserted into the centre comes

out clean. Set aside in the tin for 10 minutes before transferring to a wire rack to cool completely.

3 To make the icing, sift the icing sugar into a small bowl. Stir in zest, juice and food colouring.

4 Pour the icing over the cake, allowing it to drizzle down the sides. Set aside for 15 minutes before serving, topped with lemon twists and mint leaves, if you like.

COOK'S TIP

Keep in an airtight container in the fridge for up to 3 days. Alternatively, you can slice, wrap the individual pieces in plastic wrap and place in a resealable bag. Expel air, label, date and freeze for up to 4 months.

Orange and polenta
gluten-free muffins
Perfect to pop in your lunch box.
see recipe, page 71 >>



nutrition info

PER SERVE (with sugar) 598kJ,
protein 3g, total fat 4.6g
(sat. fat 0.5g), carbs 22g,
fibre 1g, sodium 119mg • Carb
exchanges 1½ • GI estimate
medium • Gluten free

PER SERVE (with sugar
substitute) 569kJ, protein 3g,
total fat 4.6g (sat. fat 0.5g),
carbs 14g, fibre 1g, sodium
119mg • Carb exchanges 1 • GI
estimate medium • Gluten free



Lemon cupcakes with cream cheese frosting

PREPARATION TIME: 20 MINS

COOKING TIME: 10 MINS

(+ COOLING)

MAKES 12 (1 PER SERVE, AS A SNACK)

Cooking spray

4 x 60g eggs, at room temperature

110g (½ cup) caster sugar or granulated sugar substitute

1 tsp vanilla extract

Finely grated zest of 1 lemon

80g (½ cup) wholemeal

self-raising flour

40g (¼ cup) plain flour

60ml (¼ cup) fresh lemon juice

40g light margarine, melted

Frosting

100g light cream cheese

2 Tbsp icing sugar, sifted

Lemon zest, to serve (optional)

1 Preheat oven to 180°C (fan-forced). Line 12 x 80ml (⅓ cup) muffin pan holes with paper cases. Spray with cooking spray.

2 Using electric beaters whisk the eggs and sugar in a medium bowl for 5-6 minutes or until thick and pale. Whisk in vanilla and zest.

3 Sift the flours into a medium bowl, returning husks to the bowl. Using a large metal spoon, gently mix half each of the flour, lemon

juice and margarine into the egg mixture. Repeat with remaining flour, juice and margarine. Evenly spoon batter between paper cases.

4 Bake cupcakes for 10-12 minutes or until light golden brown on top and a skewer inserted into the centres comes out clean. Set aside in the pans for 5 minutes before transferring to wire racks to cool.

5 To make frosting, put cream cheese and icing sugar in a small bowl. Mix until well combined.

6 Use a palette knife to spread frosting over cupcakes. Top with zest, if using. Serve.

COOK'S TIP

Keep the cupcakes in an airtight container in the fridge for up to 3 days. Bring to room temperature for 10 minutes before eating.



Honey, walnut and orange biscuits

PREPARATION TIME: 10 MINS

(+ 30 MINS STANDING

+ COOLING)

COOKING TIME: 10 MINS

MAKES 20 (1 PER SERVE, AS A SNACK OR DESSERT)

80g (½ cup) wholemeal self-raising flour

40g (¼ cup) plain flour

45g (¼ cup) rice flour

1 tsp finely ground ginger

60g walnuts, finely chopped

Finely grated zest of 1 orange

80ml (⅓ cup) honey

40g light margarine, melted

60ml (¼ cup) fresh orange juice

1 Combine the flours, ginger and 50g of the chopped walnuts in a medium bowl. Stir in the orange zest. Add the honey, margarine and orange juice and stir until well combined. Cover and set aside for 30 minutes.

2 Preheat oven to 170°C (fan-forced). Line 2 baking trays with baking paper. Shape heaped teaspoonfuls of the mixture into small balls. Place balls on trays and press down slightly with your fingers. Sprinkle a little of the reserved walnuts over each.

3 Bake for 10-12 minutes or until biscuits are just cooked. Set aside on the trays for 5 minutes, before transferring to a wire rack to cool completely.

COOK'S TIPS

► Keep the biscuits in an airtight container for up to 3 days.

Alternatively, wrap each in plastic wrap and place in a resealable freezer bag and expel air. Label, date and freeze up to 4 months.

► The muffins (opposite page) can also be stored this way.

For more recipes visit
 diabeticliving.com.au



Baked jaffa cheesecake

PREPARATION TIME: 30 MINS

COOKING TIME: 1 HOUR 20 MINS

(+ 3 HOURS COOLING

+ 4-6 HOURS CHILLING)

SERVES 16 (AS OCCASIONAL DESSERT)

100g Arnott's Milk

Arrowroot biscuits

30g light margarine, melted, cooled

2 Tbsp unsweetened apple juice

Filling

2 x 300g pkt silken tofu, drained

2 x 220g tubs Philadelphia Extra

Light Spreadable Cream Cheese

175g (¾ cup) caster sugar or

granulated sugar substitute

4 x 60g eggs

1 tsp vanilla extract

60g good-quality dark chocolate,
broken into pieces

2 Tbsp cocoa powder, sifted

Finely grated zest of 2 oranges

125ml (½ cup) fresh orange juice

Slices of orange, to serve, (optional)

1 Line the base of a 20cm (base measurement) round springform tin with baking paper. Place on a baking tray. Using a small food processor, process the biscuits into fine crumbs. Transfer to a small bowl. Add margarine and apple juice. Using the back of a spoon, press mixture evenly over the base of the pan in a thin layer. Place in fridge while making filling.

2 To make the filling, put tofu in the bowl of an electric mixer with a beater attachment and beat until almost smooth. Add the cream cheese and sugar. Beat until well combined and sugar is dissolved. Add eggs one at a time, beating well. Beat in vanilla.

3 Preheat oven to 140°C (fan-forced). Put the chocolate, cocoa, zest and juice in a small saucepan over a low heat. Cook, stirring, until the chocolate is melted.

Transfer to a small bowl and set aside for 10 minutes to cool slightly. Whisk half a cup of the cream cheese filling into the chocolate mixture. Whisk in another half a cup. Pour into the cream cheese mixture and whisk.

4 Pour the filling over the base. Bake for 1 hour 15 minutes to 1 hour 30 minutes or until filling is just set. Turn off the oven, place a wooden spoon in the door to keep it ajar for 1 hour. Transfer to a wire rack to cool for 2 hours. Undo tin and transfer cheesecake to a plate or an airtight container. Chill in fridge for 4-6 hours.

5 To serve, top with thin slices of orange, if you like.

COOK'S TIPS

► Try replacing the orange zest with lime or lemon zest and top with thin slices of lime if you like. You could also replace the dark chocolate with milk chocolate.

► In place of the orange slices on top of the cheesecake, you could decorate with a mixture of lemon and lime slices, and grated orange zest to add colour, or simply dust lightly with cocoa powder.



Orange and polenta gluten-free muffins

PREPARATION TIME: 10 MINS

COOKING TIME: 10 MINS

MAKES 24 (2 PER SERVE,
AS A SNACK OR DESSERT)

Cooking spray

140g (1 cup) gluten-free

self-raising flour

60g (⅓ cup) polenta (cornmeal)

55g (½ cup) almond meal

110g (½ cup) caster sugar or

granulated sugar substitute

Finely grated zest of 1 orange

2 tsp poppy seeds

80ml (⅓ cup) fresh orange juice

60g egg, lightly whisked

40g light margarine,

melted, cooled

1 Preheat oven to 180°C (fan-forced). Line 24 x 30ml (1½ Tbsp) mini muffin pan holes with paper cases. Spray with cooking spray.

2 Combine the flour, polenta, almond meal, sugar, orange zest and poppy seeds in a large bowl. Stir in the orange juice, egg and margarine until well combined.

3 Divide the batter between paper cases. Reduce oven to 170°C (fan-forced) and bake for 10-12 minutes, or until tested with a skewer. Set aside in pans for 10 minutes. Transfer to a wire rack to cool completely. See cook's tips (opposite page). ■

How
our food
works
for you
see page 79

**nutrition
info**

PER SERVE 2033kJ,
protein 43g, total fat
12.5g (sat. fat 4.8g),
carbs 46g, fibre 7g,
sodium 796mg
• Carb exchanges 3
• GI estimate low
• Gluten free

gluten free

Veal involtini
with roasted
kale and creamy
polenta
This secondi is
sure to satisfy!
see recipe, page 76 >>

THE Italian job

Indulge in your *favourite cuisine*
with these tweaks to four all-time
classics made just like mama's

nutrition info

PER SERVE 1646kJ,
protein 11g, total fat
14.5g (sat. fat 4.1g),
carbs 45g, fibre 16g,
sodium 216mg
• Carb exchanges 3
• GI estimate medium

Sweet potato
gnocchi with
crispy sage
This creamy dish will
gnocchi your socks off!
see recipe, page 77 >>



Minestrone with
capsicum and
parsley pesto
From Tuscany to Townsville,
nothing beats homemade soup.
see recipe, page 77 >>

nutrition info

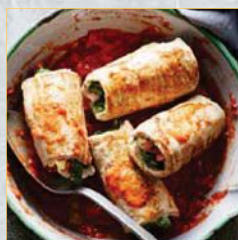
PER SERVE 1446kJ,
protein 13g, total fat
13.1g (sat. fat 3g),
carbs 39g, fibre 9g,
sodium 790mg
• Carb exchanges 2⅔
• GI estimate medium

Buon appetito!
Heartwarming meals
laden ***WITH LOVE***

nutrition info

PER SERVE 1831kJ,
protein 24g, total fat
10g (sat. fat 3.9g),
carbs 55g, fibre 12g,
sodium 543mg
• Carb exchanges 3⅓
• GI estimate low

Roasted
vegetable lasagne
Molto bene! Layers of
mouth-watering magic.
see recipe, page 78 >>



Veal involtini with roasted kale and creamy polenta

PREPARATION TIME: 15 MINS

COOKING TIME: 35 MINS

SERVES 4 (AS A MAIN)

4 x 100g veal leg steaks (schnitzel)
45g (¼ cup) semi-dried tomatoes, finely chopped
30g thinly sliced prosciutto, finely chopped
60g bocconcini, chopped
40g (1½ cups) baby spinach leaves
2 tsp extra virgin olive oil
2 garlic cloves, finely chopped
400g can no-added-salt chopped tomatoes
2 Tbsp no-added-salt tomato paste
1 tsp Massel Salt Reduced Chicken Style Stock Powder
250ml (1 cup) water

Roasted kale

1 bunch kale (200g), inner core removed, chopped
Extra virgin olive oil cooking spray

Creamy polenta

750ml (3 cups) water
500ml (2 cups) skim milk
170g (1 cup) polenta (cornmeal)
20g finely grated parmesan

1 Using a meat mallet, pound the veal steaks between 2 pieces of baking paper until very thin. Lay out flat on a clean board or piece of baking paper. Combine semi-dried tomatoes, prosciutto and bocconcini in a bowl. Lay spinach leaves evenly over the veal. Top with the tomato mixture.

Roll up each piece of veal and secure with a toothpick.

2 Heat 1 teaspoon of oil in a large non-stick frying pan over medium-high. Add the veal and cook (turning occasionally) for 2-3 minutes, or until browned. Transfer to a plate and set aside.

3 Heat remaining oil in the frying pan over medium. Add the garlic and cook, stirring, for 1 minute. Add the canned tomatoes, tomato paste and combined stock powder and water. Bring to a boil over high heat. Reduce to medium and simmer, uncovered, for 10 minutes.

4 Meanwhile, to make roasted kale, preheat oven to 170°C (fan-forced). Line a large baking tray with baking paper. Arrange kale on tray in a single layer. Spray with oil. Bake for 8-10 minutes or until kale is crisp. Set aside.

5 To make polenta, meanwhile, put the water and milk in a medium saucepan. Gradually stir in the polenta and cook, over medium heat until the mixture comes to a simmer. Simmer, stirring often, for 5 minutes or until polenta is thick and creamy (but not too thick). Remove pan from heat and stir in parmesan.

6 Add the veal to the pan of simmering tomato sauce mixture and reduce heat to medium-low. Cook, covered, for 5 minutes or until the veal is cooked through. Spoon the polenta onto serving plates. Remove the toothpicks from the veal and slice, if you like. Place veal over the polenta. Spoon over tomato sauce and serve with the roasted kale.

COOK'S TIP

Try replacing the prosciutto with salt-reduced shaved ham and the spinach leaves with rocket.



Sweet potato gnocchi with crispy sage

PREPARATION TIME: 20 MINS
(+ 30 MINS COOLING)

COOKING TIME: 1 HOUR 35 MINS
SERVES 6 (AS A LIGHT MEAL)

500g orange sweet potato, unpeeled
500g Carisma potatoes, unpeeled
Freshly ground black pepper
110g ($\frac{2}{3}$ cup) wholemeal plain flour
75g ($\frac{1}{2}$ cup) plain flour
2 Tbsp light margarine
2 Tbsp extra virgin olive oil
1 bunch sage, leaves picked
2 garlic cloves, crushed
Grated zest and juice of 1 lemon
30g piece parmesan, finely grated

Italian salad

6 radicchio leaves, torn
 $\frac{1}{2}$ head baby cos, leaves torn
10 pitted kalamata olives, halved
3 small Roma tomatoes, quartered
Balsamic vinegar or glaze, to serve

1 Preheat oven to 200°C (fan-forced). Wrap the sweet potato and potatoes in foil. Place on a baking tray. Roast for 1 hour 15 minutes to 1 hour 30 minutes or until potatoes are soft when pierced with a skewer. Set aside to cool for about 30 minutes.

2 Meanwhile, to make salad, combine radicchio, cos, olives and tomatoes in a bowl. Drizzle with the vinegar just before serving.

3 Peel potatoes and place flesh in a bowl. Mash and push through a sieve (in 2-3 batches) into a bowl. Season with black pepper.

4 Add the flours to the mashed potato. Mix to form a firm but slightly sticky dough. If the dough is a little too sticky, you can add more flour, 1 tablespoon at a time. Divide the dough into 4 even portions. On a lightly floured surface, roll out each portion to form a log 2cm thick. Line a baking tray with baking paper and dust lightly with flour.

5 Using a lightly floured knife, slice logs into 2cm-wide pieces. Roll each into a ball then press with the back of a fork. (The ridges in the gnocchi help the sauce to cling.) Bring a large saucepan of water to the boil. Add about one-quarter of the gnocchi to the pan. Cook until pieces have risen to the surface. Using a slotted spoon transfer to prepared baking tray. Repeat until all gnocchi is cooked.

6 Meanwhile, heat the margarine and oil in a large non-stick frying pan over medium-high. Add the sage. Cook, stirring often, for 2-3 minutes or until sage is crispy. Using a slotted spoon transfer to a plate. Add the garlic to the pan and cook for 1 minute. Stir in the lemon zest and juice.

7 Add cooked gnocchi to the pan and toss to combine. Place the gnocchi and any pan juices on a serving platter. Sprinkle over crispy sage and parmesan. Serve with Italian salad, drizzled with vinegar.

COOK'S TIP

Try replacing the lemon zest and juice with lime, and the sage leaves with flat-leaf parsley leaves.



Minestrone with capsicum and parsley pesto

PREPARATION TIME: 20 MINS
COOKING TIME: 30 MINS

SERVES 6 (AS A LIGHT MEAL)

2 Tbsp extra virgin olive oil
2 small brown onions, chopped
2 celery sticks, chopped
2 carrots, chopped
2 garlic cloves, finely chopped
4 tomatoes, chopped
3 tsp Massel Salt Reduced
Chicken-Style Stock Powder
1.5L (6 cups) boiling water
40g parmesan, coarsely grated
120g ($\frac{2}{3}$ cup) pearl couscous
2 zucchinis, chopped
75g (3 cups) baby spinach leaves
6 x 30g slices sourdough bread, to serve
Fresh basil, to garnish (optional)

Roasted capsicum and parsley pesto

1 large red capsicum
Cooking spray
1 garlic clove, peeled
1 Tbsp extra virgin olive oil
Juice of half a lemon
Freshly ground black pepper
1 cup flat-leaf parsley leaves, chopped

1 To make the roasted capsicum and parsley pesto, preheat oven to 180°C (fan-forced). Line a small baking tray with baking paper. Place capsicum on tray and spray ➤

FOOD mains

with cooking spray. Roast for 30 minutes or until skin blisters and turns black. Wrap in foil then set aside to cool.

2 Meanwhile, heat the oil in a large, deep saucepan over medium. Add onions, celery, carrots and garlic. Cook, stirring often, for 7-8 minutes or until the vegetables start to soften. Add the tomatoes, combined stock powder and water, and parmesan. Cover and bring to the boil. Add the couscous and simmer, partially covered, for 5 minutes.

3 Add the zucchinis to the pan and simmer, partially covered, for 5-10 minutes or until couscous is tender. Stir in spinach leaves until they just start to wilt.

4 Meanwhile, peel capsicum and discard skin and seeds. Place in a small food processor with the garlic, oil, lemon juice and pepper. Blend until well combined. Transfer to a small bowl and stir in the parsley.

5 Divide the soup between serving bowls. Top with the roasted capsicum and parsley pesto and serve with the bread. Garnish with basil, if you like.

COOK'S TIP

Try replacing parsley with fresh basil and the onions with a leek, thinly sliced.



Roasted vegetable lasagne

PREPARATION TIME: 20 MINS

COOKING TIME: 1 HOUR 20 MINS

SERVES 6 (AS A MAIN)

2 large capsicums
600g sweet potatoes, peeled, cut lengthways into 1cm-thick slices
450g (2) eggplants, cut lengthways into 1cm-thick slices
Extra virgin olive oil cooking spray
3 zucchinis, cut lengthways into 1cm-thick slices
500g low-fat ricotta
30g finely grated parmesan
2 x 60g eggs
160ml (⅔ cup) skim milk
Freshly ground black pepper
700g jar Val Verde Passata
16 (200g) sheets dried lasagne
1 cup small basil leaves
40g (½ cup) grated reduced-fat cheese
Mixed salad leaves, to serve (optional)

1 Preheat oven to 200°C (fan-forced). Wrap capsicums in foil. Line 2 baking trays with baking paper. Spray sweet potatoes and eggplants with oil. Place on trays.

Roast all the vegies together for 20 minutes or until the eggplants and potatoes are tender and capsicum skin is soft. Transfer to a wire rack. Allow the capsicums to cool slightly then peel, cut into quarters and discard the skin and seeds.

2 Spray zucchinis with oil and place on 1 of the trays. Roast for 15 minutes or until just tender. Transfer to wire rack. Reduce oven temperature to 180°C.

3 Meanwhile, whisk ricotta, parmesan, eggs and milk in a large bowl. Season with pepper. Set aside.

4 Spray a 3L (12 cup) rectangular ovenproof dish with oil. Pour some passata over the base of the dish. Top with a layer of pasta followed by capsicum and eggplant. Pour over half of the remaining passata. Top with another layer of pasta and half the ricotta mixture. Layer the zucchini and sweet potato. Pour over remaining passata. Top with basil and final layer of pasta. Spoon over remaining ricotta mixture and top with cheese.

5 Place lasagne on a baking tray and bake for 30 minutes. Cover with baking paper and foil and bake for 15-20 minutes or until pasta is tender when tested with a small, sharp knife. Serve with salad, if you like. ■

The Italian edit

These classic Italian dishes: minestrone soup, gnocchi, lasagne, involtini and pesto have all been given the *Diabetic Living* magic touch. The minestrone has parsley instead of basil, there's roasted capsicum in the pesto and pearl couscous in the soup in place of pasta.

Gnocchi is traditionally just potato, but here you'll find sweet potato as well, and instead of bolognese lasagne, it's a vegetarian version, using ricotta as an alternative to a traditional white sauce. Look out for the veal involtini which is served with not-so-usual roasted kale!

Food that works for you

Every recipe in *Diabetic Living* has been carefully created to help you enjoy a *healthy, balanced* diet



If you need to lose weight, reduce your salt or fat intake, or keep an eye on your carbs, just refer to the Nutrition Info box alongside each recipe. You can use it to track all of your nutritional requirements,

as well as count your carbs and carb exchanges. You'll also find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy!

Alison Roberts, Food Editor
(far left), **Lisa Urquhart, Dietitian**

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use brand names so it's easy for you to find nutritionally suitable foods at the shops.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

How
our food
works
for you

PER SERVE 1776kJ, protein 27g,
total fat 14.3g (sat. fat 4.3g),
carbs 37g, fibre 14g, sodium
780mg • Carb exchanges 2½
• GI estimate low



**Tortellini with mushroom
and bacon sauce**
see recipe, page 60 >>

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Make counting your carbs easier: one carb exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY BRETT STEVENS (FOOD)



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs.

To maintain your weight* Kilojoules 8700kJ Protein 90g Total fat 60g Saturated fat 15g Carbs 230g Fibre 30g Sodium 2.3g

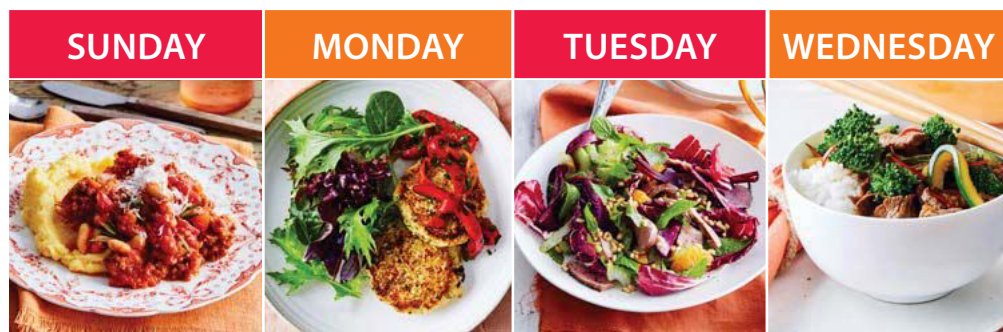
To lose weight* Kilojoules 6000kJ Protein 70g Total fat 50g Saturated fat 15g Carbs 180g Fibre 30g Sodium less than 1.6g

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

Plan your week,

Wondering what to eat this week?

Try these delicious meal and snack ideas



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H₂O Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast Avocado, spinach and egg wrap (page 83) 	⅓ cup natural muesli with 140g (⅔ cup) low-fat Greek-style yoghurt and ⅓ cup diced canned fruit in juice, drained	Hummus, prosciutto and sprout toast (page 83) 	2 Weet-Bix with 250ml (1 cup) warm skim milk, ⅓ cup canned fruit in juice, drained, topped with 2 tsp slivered almonds
Optional snack 1 piece of seasonal fresh fruit (such as an apple or small pear)	1 pack Sunbeam Less Than 100 Calorie Almonds and Cashews	175g tub low-fat or no-added-sugar flavoured yoghurt	1 Tbsp mixed dried fruit with 1 Tbsp pepitas
Lunch Mushroom, spinach and cheddar soup (page 42)	Mushroom, spinach and cheddar soup (page 42)	Midweek salad: 50g cooked chicken breast, shredded + ½ cup cooked quinoa or couscous + 125g cherry tomatoes – halved + ½ lebanese cucumber, diced →	
Optional snack 1 Tbsp mixed dried fruit with 1 Tbsp pepitas	Apple and blackberry crunch muffin (page 54)	1 small carrot, 20g low-fat cheddar and 5 wholegrain crackers	Apple and blackberry crunch muffin (page 54)
Dinner White bean and rosemary ragu (page 30) <i>Pictured above</i>	Quinoa and ricotta patties with salsa (page 31) <i>Pictured above</i>	Roasted beet, mint and lamb salad (page 30) <i>Pictured above</i>	Stir-fried orange and chilli beef (page 31) <i>Pictured above</i>
Alcohol If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert Orange and polenta gluten-free muffin (page 71)	1 piece of seasonal fresh fruit 	½ cup drained canned fruit in juice with 2 Tbsp low-fat custard	Orange and polenta gluten-free muffin (page 71)
Exercise 	Aim for 20-60 minutes of moderate exercise each day.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packs or the nutrition info boxes near our recipes for nutritional analysis.

it's easy!



Food on the go

A homemade salad isn't always an option in a busy working week, but it's often hard to make wise choices when buying takeaway lunches. They're usually large portion sizes and higher in carbs and saturated fat than a home-prepared meal. Try to keep it healthy by:

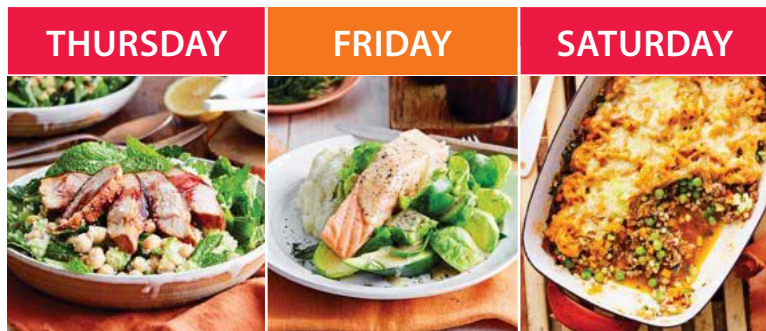
1 Planning ahead – if you're a regular at the local café, try to keep a menu on hand and choose what you are going to have before you get there. This will reduce the food triggers which may influence unhealthy choices – such as the smell of hot chips or crispy bacon.

2 Downsizing – try to choose the smaller serve size. Your stomach might think it's super hungry, but in fact we're often satisfied with less than we think, rather than more.

3 Watching the drink – it might be tempting to grab a milkshake, soft drink or delicious smoothie with your meal, but often these contain the same kilojoules as the food.

4 Being aware of extras – thicker bread slices, sauces and crumbed coatings all mean more carbs, which are sometimes forgotten, so factor these in when choosing a meal.

5 Aiming for more veg – whether it's a side salad to replace the chips or grilled veg on a sandwich, increasing greens at lunch means reducing extra kilojoules and boosting your daily veg intake! ■



THURSDAY

FRIDAY

SATURDAY

depending on your exercise levels

2 fried eggs with 3 sliced mushrooms cooked in 2 tsp margarine. Serve with ½ tomato, ½ cup baby spinach, 1 slice multigrain toast

Smoothie: blend 1 small banana, 2 Tbsp oats, ⅔ cup low-fat Greek-style yoghurt, ¼ cup skim milk, ice, 1 tsp honey and ¼ cup frozen raspberries

Quick cinnamon, apple and berries (page 83)



Honey, walnut and orange biscuit (page 70)

Nice & Natural Protein Nut Bar – Salted Caramel

Small skim latte with 1 Arnott's Ginger Nut biscuit

+ 1 cup baby spinach + 30g reduced-fat feta crumbled + 1 tsp balsamic glaze

Chicken, apple and almond quinoa (page 54)

Herb and prosciutto stuffed mushrooms (page 40)

175g tub low-fat or no-added-sugar flavoured yoghurt

1 small carrot, 20g low-fat cheddar and 5 wholegrain crackers

1 piece of seasonal fresh fruit

Spiced chicken with pomegranate glaze (page 31)
Pictured above

Salmon with creamy dill sauce (page 32)
Pictured above

Cottage pie (page 32)
Pictured above

have a couple of alcohol-free days a week

1 small serve of fresh fruit



½ cup drained canned fruit in juice with 2 Tbsp low-fat custard

Honey, walnut and orange biscuit (page 70)

Always discuss your exercise plans with your doctor first



All the tips, tricks and *inside knowledge* for healthy cooking, brought to you by our food editor, Alison Roberts

Food *bites*

KITCHEN TIP

SOLO CUISINE

Boost your menu options as well as your healthy eating with these ideas on food prep for one

Our Cooking for One recipes (page 56) are a great place to start for the solo chef, but don't feel you have to stick to these pages. Pick some of the recipes in our seven-day meal planner (page 80) as these are designed to serve two. This means you can cook one night and have dinner or lunch ready for the next day, giving you

extra time, whether that's for a quick workout or a few minutes reading a book with your feet up! Or choose one of the recipes with freezing tips so you can easily defrost them and be less tempted to buy takeaway or eat unhealthily, because you'll have these delicious meals already prepared. Too easy!



To discover which *Diabetic Living* recipes are lower carb, vegetarian, gluten free, have a gluten-free option or can be frozen, turn to our Recipe Index on page 133. We want you to get the most out of every issue, so please share your ideas by writing to us at diabeticliving@pacificmags.com.au



60-SECOND LUNCH

Your midday meal doesn't always have to be savoury! One of my favourites is 200g low-fat Greek-style natural yoghurt, topped with 1 small chopped pear, $\frac{1}{3}$ cup thawed frozen raspberries and 1 Tbsp mixed slivered almonds and pepitas (pumpkin seeds). Drizzle over 1 teaspoon honey and enjoy!

PER SERVE: 1673kJ, protein 19g, total fat 12g (sat. fat 3.4g), carbs 41g, fibre 13g, sodium 224mg

- Carb exchanges 2 $\frac{2}{3}$
- GI estimate low

QUICK AND EASY

Brekkie ideas

Start your day the tasty way

Avocado, spinach and egg wrap

Whisk 2 x 60g **eggs** and 1 Tbsp water in a bowl. Spray a medium (20cm base) non-stick frying pan with **cooking spray** and heat on medium. Add egg and swirl to coat base. Cook for 2-3 minutes or until egg is set. Transfer to a board. Top with 1 cup **baby spinach leaves**, ¼ small sliced **avocado**, ½ small sliced **tomato** and 1 Tbsp **reduced-fat grated cheese**. Roll and serve with small skim latte. Serves 1.

PER SERVE: 1366kJ, protein 25g, total fat 19g (sat. fat 5.6g), carbs 12g, fibre 4g, sodium 330mg
• Carb exchanges ¾ • GI estimate low
• Gluten free • Lower carb option

Hummus, prosciutto and sprout toast

Toast 2 x 30g slices of **wholegrain sourdough**. Spread each with 2 Tbsp **low-fat hummus**. Top with 10g **snow pea sprouts**, 20g thinly sliced **prosciutto** and 5g **parmesan shavings**. Serves 1.

PER SERVE: 1413kJ, protein 18g, total fat 17g (sat. fat 3.7g), carbs 26g, fibre 6g, sodium 751mg
• Carb exchanges 1½ • GI estimate low
• Lower carb option

Quick cinnamon, apple and berries

Peel, core and slice 1 **Granny Smith apple**. Place in deep microwave-safe bowl with 60ml (¼ cup) water and 1 tsp **caster sugar**. Cover and cook on high/100% for 3 minutes. Drain away any extra liquid. Add 1 cup **frozen mixed berries** and a pinch of **ground cinnamon**. Cover and cook on high/100% for 2 minutes. Spoon into a serving bowl. Top with 70g (½ cup) **low-fat natural yoghurt** and 2 Tbsp **untoasted muesli**. Serves 1.

PER SERVE: 1071kJ, protein 8g, total fat 3.4g (sat. fat 0.7g), carbs 43g, fibre 9g, sodium 72mg
• Carb exchanges 3 • GI estimate low ■

UPWARDS SPIRAL

The new Kenwood electric spiralizer (RRP \$129) puts the fun back into healthy cooking by turning fruit and veg into spirals, noodles and ribbons. It's easy to use and all parts are dishwasher safe. Available from electrical retailers, department stores and kenwoodworld.com



SUPERMARKET CRUSH

Seeing bread

It's a tough ask, but Helga's have come up with a range of delicious gluten-free breads. These GF versions have a similar texture to regular bread, without that cardboard taste. In fact, I gave it to my kids and they didn't notice a difference. The range includes Wholemeal, 5 Seeds, Soy & Linseed and Sunflower & Red Quinoa. Available from Coles and select independent stores. RRP \$6.49.



TOP TIP:

Most gluten-free pastas have higher carbs and higher GI than regular kinds. They're not always a healthier choice unless you're gluten intolerant. If you need gluten free, opt for legume-based pastas.

Perfect PASTAS

Update your spag bol with these new varieties of the *Italian staple*

Size matters

Most varieties of regular wheat pasta have similar ingredients and nutrition, yielding around 1500 kJ, 13g protein, 70g carbs and 3g fibre per 100g serve. They also have a low GI, particularly when cooked al dente. Aim for around one cup of cooked pasta, toss in plenty of vegetables, a small serve of lean protein and healthy fats from olive oil, pine nuts or avocado and you have a satisfying meal that won't send your BGLs soaring.

While it's been getting a bad rap recently, pasta isn't the dietary demon it's often made out to be. In fact, when it comes to your weight and blood glucose levels (BGLs), the problem isn't the pasta itself, but the amount you eat and what you put on it.

A recent Italian study found those who ate more pasta as part of a traditional Mediterranean diet had a lower body mass index (BMI), a smaller waist circumference and were less likely to be overweight or obese.

With new types of pasta coming onto the market made with different flours, providing more protein, lower carbs and higher fibre than regular varieties, it's now easier to enjoy your favourite pasta without causing your BGLs to spike. If you want to control your portions and feel satisfied for longer, try some of our featured varieties and serve with a big salad or plenty of vegetables tossed through.



Barilla Whole Grain Pasta

This high-fibre pasta is made from wholegrain wheat and has more than three times the fibre of regular white pasta. Available in both spaghetti and penne. Just add lean protein and veg! Provides 1456kJ, 13g protein, 63g carbs and 10g fibre per 100g.



San Remo Wholemeal Lasagna

Made from wholemeal durum wheat, these oven-ready lasagne sheets have more than double the fibre of white pasta. Try the wholemeal linguine, spaghetti, penne, spirals and elbows, too. Provides 1360kJ, 13g protein, 63g carbs, and 8g fibre per 100g.



Most shop-bought sauces are high in sodium, contain added sugars and the creamy varieties are usually high in saturated fat. Your best option is to buy a can of crushed tomatoes with no added salt and add your own fresh or dried herbs – it's much cheaper and better for you.

Another option is tomato passata, which is usually just tomatoes and salt, but which tends to have less salt than other tomato-based pasta sauces. Not a fan of tomato? Drizzle olive oil over crushed garlic, add a spoonful of basil pesto, a mashed avocado or some ricotta, and top with fresh herbs. M'wah!



San Remo Pulse Pasta

Made with flours from peas, lentils, chickpeas and borlotti beans rather than wheat flour, this is higher in protein, lower in carbs and has four times the fibre of regular pasta. It's also gluten free. Provides 1390kJ, 23g protein, 46g carbs and 13.5g fibre per 100g.



Vetta Smart Pasta High Protein Low Carb

With added protein and oat fibre, this pasta has 50 per cent more protein and 25 per cent less carbs than regular pasta, and is higher in fibre. Also available in spirals. Provides 1436kJ, 25g protein, 51g carbs and 10g fibre per 100g.



Lazzaretti Legume Pastas

These organic gluten-free pastas are made from legume flours and come in Green, Red or Beluga Lentil Fusilli, Split Pea Fusilli and Chickpea Fusilli. Available at independent supermarkets, health food stores, or online. Provides 1400kJ, 25g protein, 50g carbs and 11g fibre per 100g.



Herman Brot Lower Carb Pasta

Made from wheat, soy and rice protein, soy and wheat flour and oat fibre, this is lower in carbs and higher in protein than other pastas and has a low GI of 22. Available at independent supermarkets, health food stores or hermanbrot.com.au. Provides 1329kJ, 46g protein, 10g carbs and 17g fibre per 100g.



Vetta Smart Pasta Cholesterol Lowering

The oat fibre in this pasta provides 1g beta-glucan per serve, a third of the recommended amount to help lower cholesterol. Top with a lentil bolognese and serve with salad for a heart-friendly meal. Provides 1500kJ, 13g protein, 71g carbs and 5g fibre per 100g. ■

PLUS A FREE \$30



Edible Blooms
delivering fresh ideas

GIFT VOUCHER!



Spoil mum with her
favourite mag and
a beautiful bouquet
of chocolates

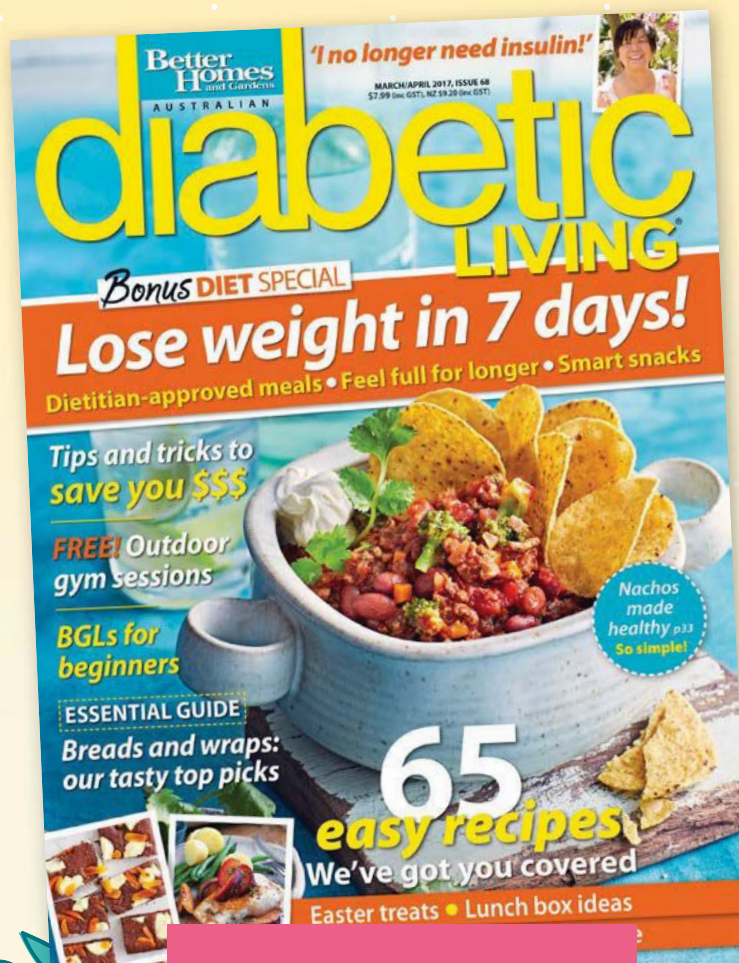
SUBSCRIBE AND ENJOY:

- ✓ **FREE \$30** Edible Blooms Gift Voucher
- ✓ **SAVE up to 50%** on the cover price
- ✓ **BUY NOW** and select a start issue after Mother's Day
- ✓ **ALREADY A SUBSCRIBER?** Extend at these low rates

*A valid e-mail address is required when you place your subscription order to receive your voucher, one redemption per email address only. You will receive a voucher code and instructions on how to redeem your voucher upon subscribing. Vouchers can be redeemed online at edibleblooms.com.au only and excludes delivery fee. All magazines are published monthly except *Better Homes and Gardens*, which is published 13 times annually; *WHO, that's life!* and *New Idea* are published weekly and *Diabetic Living* is published bimonthly. Offer valid for Australian delivery only. Subscriptions may not include promotional items packed with the magazine. This offer cannot be used in conjunction with any other offer and ends 31/05/17. Pacific Magazines Pty Ltd is collecting your personal information for the purpose of processing your order. As a subsidiary of Seven West Media Limited, Pacific will handle your personal information in accordance with Seven's Privacy Policy, which is available on subscribetoday.com.au/privacy-policy.

SubscribeToday.com.au
The best magazines online

SAY
I LOVE YOU MUM
ON 14 MAY
with a subscription to her
favourite magazine



FROM \$35
FOR 6 ISSUES
SAVE UP TO 32%



CALL: **1300 668 118** and quote P759JZZi



FROM \$32
FOR 6 ISSUES
SAVE UP TO 27%



FROM \$36
FOR 6 ISSUES
SAVE UP TO 33%



FROM \$34
FOR 6 ISSUES
SAVE UP TO 39%



FROM \$34
FOR 12 ISSUES
SAVE UP TO 43%



FROM \$34
FOR 6 ISSUES
SAVE UP TO 39%



FROM \$34
FOR 6 ISSUES
SAVE UP TO 31%



FROM \$36
FOR 12 ISSUES
SAVE UP TO 21%



FROM \$34
FOR 12 ISSUES
SAVE UP TO 50%

Prices start from \$32 – save up to 50%



VISIT: subscribetoday.com.au/mumdl

Don't play your hearing by ear!

As a person with diabetes, there's plenty of health checks to go around and appointments to keep on top of. So how does an audiologist fit into the picture?

Hearing loss can impact on so many elements of everyday life, including earning power, closeness of your relationships, emotional stability, as well as physical health. It's an important piece of the puzzle.

It's often overlooked that people living with type 1 and type 2 diabetes have an increased risk of hearing loss. In fact, it's almost twice that of people that do not have the disease. A US study by the National Institutes of Health (NIH) tested more than 4,700 adults on their ability to hear a range of frequencies, in both ears. Results showed a strong relationship between diabetes and hearing loss across all sound frequencies, but especially in the high frequency range.

Hearing loss follows a similar pathway to how some other diabetic complications develop. Elevated blood sugar levels over a long time can damage blood vessels and reduce blood flow to various areas of the body. This can damage the delicate structures of the inner ear and result in a gradual loss of hearing.

If I had hearing loss, would it not have been picked up? Even if you see a regular GP, we know that only about 13% of doctors routinely screen for hearing loss. And because most people with hearing impairments hear just fine in quiet environments like a doctor's office, it can be easy for a problem to slip under the radar.

Most of the time people with hearing loss are the last ones to know about it! Friends and family might be good-naturedly 'on your back' about your hearing – ribbing you over how loud you have the TV or radio. Or maybe you have noticed some symptoms yourself, but are reluctant to admit it.



*“Hearing loss
isn't just an ear
issue, it's a quality
of life issue”*

Common signs of hearing loss include asking others to repeat themselves, having particular trouble hearing women's and children's voices, or struggling understanding conversations in noisy places.

What can you do?

It all starts with a simple hearing check; so don't be afraid to take the first step on that journey.

1. Book an appointment with your local hearing specialist.
2. Once you have had a hearing test, don't hesitate to discuss your results or any questions you may have.
3. If you need a hearing aid, discuss your lifestyle needs with your audiologist who will guide you on your path to better hearing.
4. If you do get a clean bill of hearing health, that's great! We do recommend that you pop back in for a check-up every 12 months, so any changes to your hearing can be picked up early.

Check out your closest Starkey clinic:
www.starkey.com.au or phone **1300 307 696** to book an appointment.

A simple hearing check could Change Your Life!

DID YOU KNOW?

**70% of people
with diabetes**

**50-69 years old, have
high-frequency
hearing loss!**



**high blood
pressure**

**can be an accelerating
factor of hearing
loss in adults²**



You may not realise that an untreated hearing loss may have long-term consequences that can impact your overall health. When someone decides to wear a hearing aid, they begin a journey to better wellness.

If you or someone you care about wants to hear better, visit Starkey.com.au or contact a Starkey Hearing Alliance professional to make an appointment.

Ph 1300 307 696



¹Bainbridge, K. (n.d.). Diabetes and Hearing Impairment: An Epidemiological Perspective. The American Speech-Language-Hearing Association. Retrieved from: <http://www.asha.org/aud/articles/diabetes-hearing-impairment/>

² Agarwal, S., Mishra, A., Jagade, M., Kasbekar, V. & Nagle, S. K. (2013). Effects of Hypertension on Hearing. Indian J Otolaryngol Head Neck Surg. 2013 December; 65(Suppl 3): 614-618. Published online 2013 February 17.

Want more recipes?

Visit the **Diabetic Living** website!

diabeticliving.com.au

If you've been diagnosed with type 1 or type 2 and are keen to live well, go to the *Diabetic Living* website. It has all the information you need to lead a healthy, balanced life, from great food ideas to easy exercise plans and emotional support



PLUS Don't forget about
***Diabetic Living* magazine!**
SUBSCRIBE NOW for
ONLY \$40 for 8 issues

SAVE
37%

CALL 1300 668 118 and quote P75DKZZB
VISIT subscribetoday.com.au/DL/40for8

Offer available until 30/06/2018. Offer valid for Australian delivery only and cannot be used in conjunction with any other offer. Subscriptions may not include promotional items packed with the magazine. Pacific Magazines Pty Ltd is collecting your personal information for the purpose of processing your order. As a subsidiary of Seven West Media Limited, Pacific will handle your personal information in accordance with Seven's Privacy Policy, which is available on subscribetoday.com.au/privacy-policy.

LIVING *well*

In this **ISSUE**

Master carbs!

Understand this food group and
gain control of your diabetes

.....

Be inspired

Who knew it was so easy
to eat like a dietitian

.....

20 top tweaks

One change could
lighten your life

.....

Exercise

Increase strength
without leaving home

.....

TLC top-up

Show your eyes, ears
and kidneys some love

.....

Boost your happiness

Take our quiz
and learn to
lift your mood



A collage of food items including potatoes, bread, and rice on a wooden surface. The background is a light-colored wooden surface with various food items scattered on it. In the top left, there are two large, golden-brown potatoes. Below them, on the left, is a piece of dark, crusty bread. In the bottom left, there is a pile of uncooked, light-colored rice grains. The text 'How to be a carb whiz' is overlaid on the right side of the image. 'How to be a' is in a simple black sans-serif font, while 'carb whiz' is in a large, orange, hand-drawn script font.

How to be a carb whiz

Whether you have diabetes or are watching your weight, understanding carbs is key. DL dietitian ***Dr Kate Marsh*** makes it easy

Carbohydrates: they're in everything from lollies and bread to pasta and even soft drinks. When you have diabetes, keeping track of your carb intake is especially important. Once eaten, carbs break down to form glucose, which is absorbed into your bloodstream. You then need insulin to move that glucose into your muscles and cells.

In someone without diabetes, the body produces just the right amount of insulin to deal with the carbs they eat. If you have type 1, your body doesn't produce this insulin, and if you have type 2, the insulin your body makes doesn't work as effectively as you need it to.

If you have type 1, you have to take on the role of your pancreas

and try to match the amount of carbs you eat with the amount of insulin you take to keep blood glucose levels (BGLs) within the desired range. Depending on the type of insulin you're taking, you might also need to do this if you have insulin-treated type 2.

If you have type 2 and are not taking insulin, you don't have to be as strict about carb counting. However, it's important to be mindful of your carb intake across the day. Spreading your carb intake evenly over the day and avoiding large amounts at one time helps keep BGLs stable.

And if you're taking medication that can cause hypos, such as insulin or sulphonylureas, then matching your medication and carbs is important to prevent your BGL dropping too low. ►

Not all carbs are created equal

While some popular diets suggest giving up carbs altogether, this isn't necessary for healthy weight loss and it's not the best way to manage your diabetes.

Highly processed carbs, such as lollies, sweet drinks, biscuits, cakes, pastries, sugary cereals, and other packaged snack foods, shouldn't feature regularly in any healthy eating plan – whether you have diabetes or not. These are high in kilojoules, low in nutritional value and often high in saturated and trans fats, and salt as well, so keep them for special occasions only.

However, cutting out nutrient-dense carbohydrates, such as those found in whole grains, fruit, vegetables and legumes, is unnecessary for weight loss and diabetes management, and may lead to nutrient deficiencies and increased risk of chronic disease.

The answer is not to cut carbs but to be choosy about them. Stick to nutrient-dense lower GI carbs, particularly whole grains and legumes, as well as most fruits and vegetables.

How to count carbohydrates

Understanding how to work out the carbs in your meals and snacks is a key part of keeping your BGLs on track. If you have type 2 it helps you to space your carb intake more evenly over the day, and if you have type 1 or insulin-treated type 2, it's essential if you want to match your insulin to your carb intake.

To match insulin to carbs, you can either add up the total grams of carbs in the food you eat, or count the number of 'portions' ➤



What are carbs?

Carbohydrates are starches and sugars found in foods, including the added sugars and naturally occurring sugars in fruit and dairy foods. Here are some examples



Breads, crispbreads and breakfast cereals



Legumes such as lentils, chickpeas and dried beans



Fruits, dried fruits, and fresh and concentrated fruit juices



Dairy alternatives including soy, oat, rice and almond milk



Snack foods: biscuits, cake, lollies, chocolate, chips and popcorn



Sugary drinks: soft drinks, cordials and energy drinks



Pasta, rice and grains: quinoa, barley, couscous and freekeh



Starchy vegetables such as potato, sweet potato and corn



Dairy foods including milk, yoghurt, ice-cream and custard



Sweeteners: sugar, honey, glucose, agave nectar, maple and rice syrup

How to read food labels

Take a look at the nutrition information panel (NIP) on a product you've bought. Now look at the amount of total carbohydrates in the food per serve and check your serving size is the same as the recommended serving size shown on the pack. If you eat more or less, use the label to calculate how many carbs are in your serving size.

For example, with the NIP from a cereal packet below, if you ate the recommended serve of 45g with $\frac{1}{2}$ cup skim milk this would provide 26g carbs. If, however, you ate 80g of cereal you could use the per 100g value and multiply this by 0.8 (80g/100g) which

would give you 35g carbs, then, simply add the right carbs for your serving of milk.

What about sugars?

When you look at a food label, you will see a value for 'total' carbohydrate as well as 'sugars'. The total carb value includes the sugars and is the total amount of carbohydrates that will affect your BGLs, not just the sugars.

The value for sugars on the NIP includes both added sugars and those naturally occurring such as the lactose in milk products and fructose found in fruit. Since these natural sugars come along with other nutrients, and have

a lower glycaemic index (GI), meaning they are slowly digested and absorbed, they are not necessarily to be avoided if you have diabetes. However, if a product is high in added sugars, it is best left on the shelf – you can often work this out from viewing the ingredients list.

The glycaemic index and carb counting

It's easy to get confused about the difference between glycaemic index (GI) and the amount of carbs in foods. GI is a measure of the speed at which carbohydrate foods are digested and absorbed, and, therefore, how quickly or slowly they raise your BGLs.

Knowing the GI can help you to make better carb choices, but the amount of carbs you eat still matters. For example, if you choose a low-GI food but eat it in large quantities it may still cause your BGLs to spike. Using carb counting along with GI is the best way to manage post-meal BGLs.

If you are new to the idea of counting carbs, use the recipes in this issue as a way of familiarising yourself with carb measures and, just as importantly, portion size. Our recipes are designed to ensure you eat the correct amount of carbohydrates over the course of a day – as well as being an easy guide to carb exchanges.

NUTRITIONAL INFORMATION

Serving per package – 11 (approx)

Serving size – 45g

	Avg. Qty. Per 45g Serve	Per Serve with $\frac{1}{2}$ cup (125ml) skim milk	Avg. Qty. Per 100g
Energy	730kJ 174Cal	920kJ 219Cal	1630kJ 388Cal
Protein	7.4g	12.1g	16.4g
Fat, total	5.2g	5.3g	11.5g
- saturated	0.7g	0.8g	1.5g
- monosaturated	2.3g	2.3g	5.1g
- polyunsaturated	2.2g	2.2g	4.9g
Carbohydrate			
- total	19.6g	26.1g	43.6g
- sugars	8.4g	14.9g	18.7g
Total Dietary Fibre	10.5g	10.5g	23.4g
- soluble	3.2g	3.2g	7.2g
- insoluble	5.1g	5.1g	11.4g
- beta-glucans	2.5g	2.5g	5.6g

or 'exchanges' of carbs that are in your meals and snacks.

A 'portion' or 'exchange' is the amount of food that contains 15g carbs (some people use 10g). For example, 1 average slice of bread, 1 medium orange and $\frac{1}{4}$ cup of rolled oats each contain about 15g carbs, or 1 carb exchange. This means the rise in your BGLs, and the amount of insulin you may need, should be about the same if you were to consume any of these foods.

Counting tools

To work out the carbohydrates in the foods you eat:

- Read the nutrition label on packaged foods (see How to read labels, previous page).
- Consult carb-counting books such as *The Traffic Light Guide to Food* (trafficlightguide.com.au).

- Visit websites and download phone apps which let you look up the carb content of common foods. Try *The Traffic Light Guide to Food* app (trafficlightguide.com.au) or the CalorieKing website (calorieking.com.au).

- Use your kitchen scales and measuring cups/spoons when at home to help you accurately work out how much you're eating, especially for foods that don't come in packages. Spend time measuring and weighing and you'll soon get better at making a reasonable guesstimate at how many grams of carbs are in your meals. This is especially useful when eating out, for example.

- Visit your local diabetes centre. Some hold education sessions, such as DAFNE (dafne.org.au) that teach people to count carbs. Ask your dietitian if there's one running in your area.

Matching insulin to carbs

If you have type 1 or insulin-treated type 2, you may be taught to adjust your insulin dose to the amount of carbs you eat, or you may be recommended a set dose of insulin as well as an amount of carbs to aim for at each meal. Either way you'll need to work out the grams of carbs you consume.

To match your insulin to carbs, decide upon an Insulin-to-Carbohydrate Ratio (ICR) with your diabetes team – this is the insulin you'll be required to take for a particular amount of carbs.

For example, an ICR of 1:15g means that for every 15g of carbs you eat, you need to take one unit of insulin. This method gives you the flexibility to eat the carbs you desire at each meal and adjust the insulin accordingly. ■

Which carbs are best?

Stick to nutrient-dense lower GI carbs, particularly whole grains and legumes as well as most fruits and vegetables, including these



Wholemeal or wholegrain pasta or noodles



Unsweetened dairy foods like milk and natural yoghurt and unsweetened soy milk



Legumes including lentils, chickpeas and dried or canned beans



Dense wholegrain breads



Fruits and vegetables (but go easy on the potatoes)



Whole grains: rolled oats, barley, quinoa, cracked wheat (burghul), buckwheat, lower GI brown rice



Bowel Cancer Awareness Month

.....
GET BEHIND IT!
.....

Support Bowel Cancer Australia this June

bowelcanceraustralia.org



Bowel Cancer Australia



WHAT'S IN **your** fridge?

Ever wondered what health professionals keep in their kitchen? *DL dietitian Lisa Urquhart* shares her shopping lists and tips to help you buy better



A rainbow of fresh food in the fridge and a thoughtfully stocked pantry are the first steps to maintaining a healthy eating plan for the week.

But with a surplus of conflicting nutritional advice, and more and more products masquerading as 'health foods' on your supermarket shelves, it's not always easy to know what's best to stock up on.

Be inspired by these great staples, write a better-for-you shopping list and start prepping.





IN MY pantry

⇒ **Dried legumes**

Lentils, chickpeas, white beans, borlotti beans and black beans. I add these to soups and stews, or make a black bean salsa. They're high in fibre and a great vegetarian source of protein.

⇒ **Canned legumes**

Lentils, chickpeas and four-bean mix – with no added salt – for when I'm short on time.

⇒ **No-added-salt canned tomatoes**

These contain beneficial lycopene that may protect against certain types of cancer.

⇒ **Dried pasta**

Always handy for a quick bolognese or Ali's Roasted Vegetable Lasagne (page 78).

⇒ **Basmati rice and brown Doongara rice**

Because they're lower GI than jasmine rice, these are perfect for a stir-fry or curry.

⇒ **Nuts and seeds**

They're high in monounsaturated fats and great to add to salads, curries, porridge, pasta, or to mix into muffins for a flavour boost.

⇒ **Oats** These are high in fibre and beta-glucan, plus they are low GI, so they keep me feeling full until it's lunchtime.

⇒ **Tea** I have all types of tea but my favourite is English breakfast. It's chock-full of antioxidants and it makes a wonderful comfort drink!

⇒ **Australian extra virgin olive oil**

I use this in everything from prepping roasts to salad dressings. It's loaded with wonderful heart-healthy fats.

⇒ **Sesame and peanut oils**

I use these unsaturated oils when I'm cooking Asian dishes.

⇒ **Dried herbs and spices**

To boost flavour, make a meal special and add antioxidants.

⇒ **Wholegrain rice crackers and Vita-Weat crispbreads**

Perfect as snacks teamed with a little cheese or peanut butter. They're low in fat and higher in fibre than many alternatives.

⇒ **Canned salmon and sardines**

I take these to work for salads, or to have in a small wrap. They're high in omega-3s and good for brain and heart health. I go for low-salt – salt intake can creep up on you.

⇒ **Mayver's Peanut Butter** Just the peanuts, a pinch of salt and nothing else!

⇒ **Low-salt chicken stock powder**

It brings out the flavour in loads of dishes. ➤

IN MY fridge

➔ Skim milk

Rich in calcium and lower in fat than regular milk.

➔ Greek-style low-fat yoghurt

I choose brands high in calcium and with no added sugar.

➔ **Cheese** I admit I love it and have cheddar, low-fat cream cheese, ricotta and blue vein in my fridge. I'm careful with my portions and try to stick to ricotta because it's lower in fat, and cheddar for its higher calcium.

➔ **Tahini (sesame seed paste)** This is great to add to Lebanese dishes, such as hummus, and it's high in monounsaturated fatty acids.

➔ **A few (too many) jars of curry paste** For days when I don't want to make my own.

➔ **Sliced chicken** A lean protein I use for lunches.

➔ Free-range eggs

A great source of lean protein, I also love a hard-boiled egg for breakfast.

➔ Kimchi

It's a traditional fermented-vegetable Korean dish that you can buy in jars in the Asian section of the supermarket. I have a jar from a Korean lady who lives nearby, so it's as authentic as you'll get, but it's quite easy to make, too. Kimchi adds a nice zing to barbecued meats, and is a great source of probiotics.

➔ Fresh fruit and vegetables

These make up the bulk of my meals. I buy what's in season as it's fresher with more vitamins and minerals, and cheaper, too.

➔ Lean pork cutlets, chicken and rump steak

I choose lean meats to reduce my saturated fat

intake. To reduce waste and extra trips to the shops, I plan my meals using all the meat I've bought for that week.

➔ Other flavours

Tomato paste, fish sauce, reduced-salt soy sauce and miso paste add lots of flavour without overloading on fats and sugars.

➔ New Zealand Sauvignon Blanc

I'd like to say this is for cooking, but it's too good not to enjoy a glass now and again.

➔ Soda water

My friend bought me a SodaStream for Christmas, and I love making water more interesting!

● *Easy freezy*



Add something green to every meal. Frozen is just as good as fresh!

IN MY freezer

➔ A few frozen meals that I make on the weekend

From lamb korma to minestrone, these dishes provide quick and easy meals throughout the busy week.

➔ **Frozen peas, broad beans and corn** These are as good as the fresh varieties and so convenient.

➔ **Bürgen Soy-Lin Bread** I only have a few slices of bread each week,

so I store it in the freezer to keep it fresh. This one is full of seeds, low GI and relatively low in carbs. It also keeps me feeling full for ages.

➔ **Chillies** My chilli plant is on steroids; I can't get through them fast enough! I freeze the chillies in snap-lock bags to use when I like.

➔ **Reduced-fat puff pastry** Lower in fat than the

regular variety, I use this to make quiches or pies.

➔ **Frozen berries** I have these with my porridge in the morning, or with a little yoghurt for an afternoon snack.

➔ **Connoisseur Gourmet Ice Cream, Classic Vanilla** Just a little bit with some banana, passionfruit or sliced fresh strawberries really hits the spot! ■

Smart storage

- Store regularly-used items on easy-to-reach shelves, rarely-used items higher up and heavy items on the bottom to save your back.
- Use stackable containers. Label with the product name and use-by date.
- Freeze nuts to prevent rancidity.
- Store potatoes in a cool, dark place and use them within a month.
- Google storage ideas, like sliding spice racks, pull-out corner shelves and canned food dispensers.



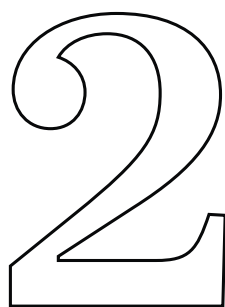
Just CHANGE one thing...

Putting off your weight-loss mission until there's less on your plate? Losing kilos needn't be an all-consuming task; making small tweaks works, too. In fact, research shows it creates a bigger shift on the scales than trying to fix everything at once. Here are 20 ways to fine-tune your lifestyle.



Write it down

People who keep a diary of what they eat and drink are more likely to lose weight. Accredited practising dietitian and a spokesperson for the Dietitians Association of Australia, Clare Collins, says it works because you see what you're really consuming. "In your mind, you might think you're a 'glass of wine with dinner' drinker. Writing it down might make you realise it's more like two or three glasses a night."



Read food labels

Women who use this strategy to decide between food products when shopping weigh about four kilos less than women who never worry about checking out the nutrition information.

3 THINK OF YOURSELF AS A 'HEALTHY EATER'

It may be a simple trick, but it's one that makes sticking to your healthy food choices easier. That's according to a 2016 study, which found when people created a 'label' for themselves, based on the dietary change they were trying to make – like 'less-chocolate eater' – they ate less as a result.



4

PUT A HEALTHY FOOD ON YOUR PLATE FIRST

Use this trick when you're serving food to yourself. Food psychology scientists based in the US found the first food diners at a buffet put on their plate triggered what they took next – so if that's a healthy choice, more of your plate will wind up covered with equally healthy foods.

5

MAKE SURE YOU CAN HEAR YOURSELF EATING

Do that by switching off the television, turning the music down and choosing quieter restaurants (bye-bye food courts!). Food scientists have shown that when you can't hear yourself eating, you eat up to 25 per cent more food.

6

SERVE MEALS ON SMALLER PLATES

You'll eat 22 per cent fewer kilojoules off a 25cm plate compared to a 30cm one. "Dig out old plates, or buy a couple from another era from a second hand store, and compare them to what you usually eat off," says Collins. "That can be useful to prove how much bigger our serving sizes have become."

7

Drink two glasses of water before every meal

You'll eat around 370 fewer kilojoules per meal. The US researchers behind the statistic say that can add up to losing 2.2kg in 12 weeks.

8

DO SOMETHING ACTIVE FOR 15 MINUTES, AFTER EVERY MEAL

It's an easy way to add 45 minutes of activity to your day, and it also reduces blood glucose spikes. "It doesn't have to be vigorous exercise," says Collins. "Walking or doing the housework will do the trick."

9

COMMIT TO EATING ONE NEW HEALTHY FOOD A WEEK

Not only does research suggest that adventurous eaters find it much easier to lose weight without feeling restricted, but it also shows that people who eat a wide variety of foods are more, rather than less, likely to be successful at lowering their body-fat levels.

10

Shop for your food online

It's a weight-loss-friendly trick because it's scientifically proven to reduce both how much food winds up in your fridge and pantry, as well as how many high-fat foods you have access to.

Eat almonds every day "Rich in unsaturated fats and oils, they're beneficial for keeping hunger at bay," says Rachel Freeman from the Australian Diabetes Educators Association. Research also links 40g of almonds a day to a reduction in abdominal fat. ➤

11

12

PLAN YOUR MEALS

Deciding what you're going to eat ahead of time really can pay off in the weight-loss stakes. In a 2016 study, people who decided on and purchased their lunch immediately after eating their breakfast consumed roughly 900 fewer kilojoules at lunchtime, compared to people who bought lunch while on their lunchbreak.

13

DIVIDE YOUR PLATE IN FOUR

"Fill half with vegies or salad, a quarter with a healthy, wholegrain carb, and the last quarter with fish or lean meat," says Collins. People with type 2 diabetes who did this for six months were more likely to shed five per cent of body weight.

14

Quit soft drinks

Even diet ones.

Research over nine years has revealed those who drink a diet soft drink a day gain about 7.6cm around their stomachs. Swap for water to stop the waistline creep.

15

Weigh yourself every day

And keep track of the measurements. Research shows that more frequent weighing leads to bigger weight loss, because it forces you to be aware of the connection between your weight and what you're eating.

16

REDUCE YOUR PORTIONS

Just by downsizing your meals you could consume up to 2200 fewer kilojoules each day. "Use your hand as your guide," says Freeman. "A serve of meat shouldn't be bigger than your palm, and carbohydrates, like pasta, rice or potato, no bigger than your cupped hand."



"I COMMITTED TO REGULAR WALKS"

Vicky Barber lost 35kg by making a series of small changes

"When I lost my mum to a stroke in 2011, it was a huge wake-up call. She'd been well and just collapsed while shopping. I was both in shock at losing Mum so suddenly, and terrified of what it

might mean for my own health. As well as having diabetes, I have a family history of heart problems and high blood pressure – after Mum's stroke I knew I had to make some changes.

"At the time I was overweight and injecting insulin four times a day to manage type 2 diabetes, which I was diagnosed with in 1998 at age 28. I decided to join Weight Watchers and it was perfect for me. I lost 35kg and could stop taking my diabetes medications – including insulin. Even losing the first 5kg made a difference. I was surprised at how quickly the weight loss had

a positive effect on my health and diabetes management, which motivated me to keep going.

"The biggest 'small change' I made was reducing portion size. Once I learnt what a healthy portion was, I was shocked at how big mine were! The other thing I did was go for regular walks. It really worked to shift weight, and still does. The more active I am, the more exercise I want to do.

"I still have about six kilos to lose, and it isn't easy. But while there are ups and downs, I enjoy going out and even have the occasional piece of chocolate. The benefits have been enormous."

17 AVOID SHOPPING FOR GROCERIES BETWEEN 4-7PM

Researchers say these are the 'hungriest' hours of a day. Shop then and 26 per cent fewer low-kilojoule foods will make it into your trolley, compared to when you shop right after lunch.



18

DIVIDE LEFTOVERS INTO MEAL-SIZED PORTIONS

And choose a small container for each portion. When you eat, you'll consume fewer kilojoules than if serving from a container with multiple portions, or a larger container of a single serve.

19

SHOP WITH A LIST

Researchers from Monash University have confirmed that it contributes to weight loss. Why? It makes it easier to avoid the temptations of unhealthy impulse food purchases.



Give your food the 'grandparents' test

"Before you eat anything, ask yourself whether your grandparents would have had access to it," says Collins. "It's a really simple, effective way to minimise your intake of refined, processed foods in favour of nutrient-dense, 'whole' foods, which can help with maintaining a healthy weight."

"I REDUCED PORTION SIZE"



Living with a number of chronic health conditions hasn't stopped Leontine Jefferson from making the scales shift

"My personal experience with weight loss is fairly extensive, in that I've lost and gained weight several times in my life. But, a couple of years ago I started making changes and lost 15kg, and I've managed to keep it off for the past 18 months.

"I have type 1 diabetes, which I've lived with since I was 12, but I had other health problems as a teenager, including irritable bowel syndrome and hypothyroidism. I'm now 39 and managing a number of autoimmune diseases, as well as a certain degree of gastric autonomic neuropathy, and I'm a busy mum running my own business.

"To say life's hectic is an understatement! In the past, one of the main reasons why I found losing weight – and keeping it off – so difficult was a lack of consistency with regular exercise. Mostly it was down to being too busy – it was hard to find the time, all the time.

"So instead, my diet was an area I tried hard to work on and I still do, to this day. The small changes that helped me were making the commitment to eat breakfast every day, eating small amounts of food more frequently, and keeping a close eye on my portion sizes.

"I've also eliminated diet soft drinks. They were upsetting my stomach, so over a few years I started to cut them out, gradually reducing how many I'd drink each week. Now I only drink water, and I really believe that's helped with maintaining my weight loss.

"I've learnt to keep foods that are a personal weakness for me out of the house. If they're not there, I can't eat them – it's simple, but effective!

"Exercise is still my biggest personal challenge so I've recently joined a T1 Fit With Diabetes Challenge (thefitblog.com). I'm hoping it'll give me motivation to commit to a regular exercise routine. If by chance I lose more weight, that's great! But my main motivation is overall wellbeing of my mind, body and soul." ■

TYPE 2

‘I’ve lost 42kg and no longer have diabetes!’

Seeing herself on TV was the trigger that inspired **Lynn Woodborne, 49**, to get serious about tackling type 2

Was your diagnosis a shock?

Yes, I still remember the date – November 5, 2011. I left the doctor’s and bawled my eyes out. Even though my dad was diagnosed with type 2 in his 40s, I really didn’t think I was at risk. I’d been careful to keep sugar out of my life but I didn’t realise the pressure that I was putting on my pancreas by having large portion sizes and not doing any exercise.

I always said I’d never be like my dad and compromise my health by not looking after myself. Yet I did. Between having to acknowledge that, and the stigma that goes with having type 2, it was a really difficult time in my life.



How was your life back then?

My husband Tony and I were working hard, living in different cities during the week and catching up on weekends. Tony weighed 188kg and I weighed 115kg. I didn't think it was an issue, which sounds really silly because I couldn't do up the buckle on my heels. I couldn't reach my ankle because my stomach was in the way.

Between work and our three children, we were both very busy. I had a sedentary job and when you work 12-hour days, exercise tends to fall by the wayside. We'd come home exhausted, cook dinner and eat in front of the TV. We wouldn't move until we went to bed at 10pm.

What did you do?

When I was diagnosed with type 2, my doctor said I could reverse it if I lost weight, ate properly and exercised. For a while I was really good. I even went to a class to learn how to cook for diabetes, but work pressures took over and my diabetes got worse.

I'd been taking two diabetes medications but when I needed insulin injections, that scared me. Soon afterwards, in 2015, Tony

and I went on *My Kitchen Rules*, a cooking show on Channel 7. Seeing ourselves on TV made us realise how big we were.

We could see we were going to be a burden to our children and we really didn't want that.

How did weight loss help?

Over the past 18 months I've lost 42kg and no longer have diabetes! I'm off all diabetes medication. Tony had bariatric surgery and has lost 77kg.

We've both worked really hard to lose weight. It was difficult but we took little steps. The first step is admitting something's wrong, that only you can change it and there's no quick fix.

That is a fantastic effort! So what changes did you make?

It was a combination of eating better food, smaller portion sizes and exercising every day.

Learning to understand nutritional panels on food also made a difference and we now look carefully at fats, carbs and sugar levels in everything we buy. I was surprised to find even some natural yoghurt had too much sugar, so I now make my own. We learnt about the amount of sugar in fruit too. Now I'll only have half a banana, rather than a whole, so it doesn't spike my sugar levels.

In the past I might have had four slices of buttered toast with a whole avocado mashed with Tabasco, salt and pepper. Now I'll have a quarter of the avocado, a piece of toast and a little butter.

Changing our crockery helped, too. We used to have big square plates but we bought round ones that are half the size. The portion size is much smaller and if you wait a while after you've eaten, it's rare you want more.

I walk our two dogs every day and swim two or three times a week. We also run a food van on weekends, which keeps us active.

Given you cook, how did you change the menu?

It was hard to come up with 21 meals a week that each had fewer than 600 calories. We started replacing some meals with protein shakes and that helped.

Do you ever feel like you're missing out or going hungry?

No, because I don't abstain from anything and now my stomach is smaller I'm satisfied eating less. So when we go out, for example, we order a starter each and share a main meal. I still have a glass of wine, soft cheese and chocolate, but all in moderation.

Inspire us. What sort of things do you cook?

A small portion of really lovely steak and baked sweet potato topped with a little sour cream and sweet chilli. I'll serve it with a fennel, onion and radish salad.

Another favourite is peri peri prawns, couscous and a crunchy salad of cabbage and carrot.

Tony and I have learnt so much that we now teach cooking classes. We tailor them for people with diabetes and people who have had bariatric surgery. Cooking is fun and the moment you start being passionate about food, you start eating healthily. ■



COOKING WITH GAS

"The moment you start being passionate about food, you start eating healthily," says Lynn.

Have diabetes and want to share your story?
Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.

10 WAYS TO boost immunity

A cold or flu can raise your blood glucose and create health complications. *Supersize winter defences with these smart tips*

1 Get quality sleep

According to a study in the journal *Sleep*, people who log between seven and eight hours of undisturbed slumber take fewer sick days. To get plenty of quality sleep, avoid heavy and rich foods, caffeine and alcohol before bed. Try to set up your bedroom so it's comfortable, dark, cool and quiet.

2 Green your tea

Among its many health benefits, green tea contains a compound that can increase your number of regulatory T cells. Research from the journal *Immunology Letters* suggests these cells might play a significant role in immune function. Even better, add a squeeze of lemon to that cup

of tea to get an even larger dose of powerful vitamin C antioxidants.

3 Say Om

Yoga may do more than increase your flexibility. It could also improve your immune function, as indicated in a study published in *The Journal of Alternative and Complementary Medicine* on people who practised yoga for 90 minutes once a week for 12 weeks. The takeaway: add yoga to your weekly fitness routine.

4 Pop vitamin Ds

Research shows a lack of this vitamin may lower immunity. Natural sources include sunlight and foods such as sardines, salmon, meat, milk and eggs.

5 Seek nature

The Japanese call it forest bathing and, while it might sound a little out there, research shows that spending time among the trees activates natural killer cells (types of white blood cells), which form part of the immune system.

No forest nearby? Hug a friend! Hugs lower the harmful effects of stress, which could protect you from disease, too, according to a study in *Psychological Science*.

6 Kick the butts

Cigarette smoking lowers your immunity, making you more prone to sickness. But it's not only regular cigarettes. Research from the University of North Carolina shows that e-cigarettes may also reduce immunity.

BE OPTIMISTIC! *Positive emotions lift your spirits and have a direct effect on your immune system*

7 Book a massage

In a study published in *The Journal of Alternative and Complementary Medicine*, people who had a 45-minute Swedish massage had a significant boost in levels of white blood cells that help defend the body against disease. Talk about the perfect excuse to get pampered!

8 Nosh the five-a-day

Folks who eat their five servings of veggies a day are sick less often, according to research published

in *The American Journal of Clinical Nutrition*. Just 20 per cent of these folks reported illnesses compared to 33 per cent of people who ate only two servings of veggies a day.

9 Walk it out

Exercise has so many benefits, especially if you have diabetes, such as lowering BGLs and also improving insulin resistance. Working out has been shown to boost immunity, although it's not fully understood why. One line of thinking is that exercise moves

infection-fighting cells around the body more quickly, detecting illness earlier. Being physical may flush bacteria from the lungs, as well as creating a rise in body temperature which could prevent infections taking hold. On top of that, a workout reduces stress hormones, keeping your immune system firing on all cylinders.

10 Get uplifted

Positive emotions aren't just good for your spirits, they also have a direct effect on your immune system. The more that young adults experienced positive emotions – awe, wonder, and amazement – the more they lowered their number of cytokines, proteins that in high levels are associated with poorer health, according to a study in the journal *Emotion*. ■



Strength training **AT HOME**

*Get in shape without
leaving the lounge room*

We know that exercise does wonders for body, mind, and spirit, but it's not all about the cardio. Strength training is important, too, especially if you have blood glucose management problems.

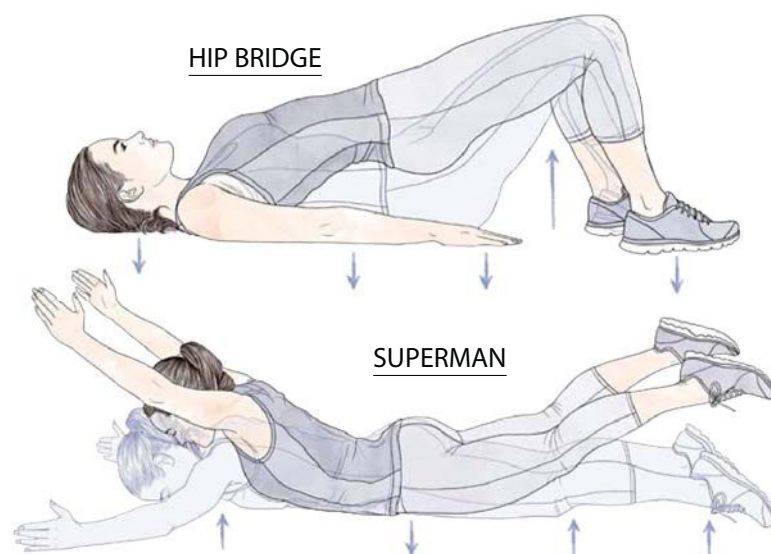
"Think of your muscular system as a huge storage tank for the carbohydrate you get through your diet," says Dr Sheri Colberg, researcher, professor of exercise science and author of *The Diabetes Breakthrough*. As a normal part of ageing, muscle mass diminishes, and the muscles you lose fastest are the ones you don't recruit daily.

What's the best way to engage those disappearing muscle fibres? Strength training, which both maintains and builds muscle mass. "With more muscles in your tank, your body can then store more carbohydrate," Colberg says.

Newbies can start at home, says personal trainer and founder of Diabetes Strength Fitcamps, Jonathan Kolowich. "Then you'll gain confidence to join a gym or class if you want."

There are many ways to train at home using DVDs, books, or online fitness sites. You can buy equipment, but your body weight is all you need.

Kolowich designed this at-home program to give your muscles the attention they need. What do you need to do? Don your training shoes and some comfy clothes, and get moving.



LEVEL ONE

LOW IMPACT

1 CHAIR SQUAT

Stand about 30cm in front of a chair with feet shoulder-width apart. Keeping your chest up and arms in front of you, slowly sit into the chair. Pushing through your heels and squeezing glutes, return to standing. Repeat.

2 WALL PUSH-UP

Stand about 30cm from a wall, facing the wall with hands on it in push-up position. Keeping your core contracted, lower your chest toward the wall until you're just a few centimetres away. Return to start and repeat.

3 HIP BRIDGE

Lie face up with knees bent, feet flat on the floor. Let arms rest at your sides. Pushing through your heels, lift hips until body forms a straight line from shoulders to knees. Pause at the top and return to start. Repeat.

4 PULL APART

Stand with feet hip-width apart and arms straight out in front of you and parallel to floor, palms down. Keeping shoulders down and relaxed, pull elbows straight back. Focus on squeezing your shoulder blades together. Return to start and repeat.

5 KNEE PLANK

Start on hands and knees on the floor, then lower onto your elbows, body forming a straight line from knees to head (you may have to position your arms slightly more forward). Contract your core so your hips stay lifted; hold for 30 seconds.

6 SUPERMAN

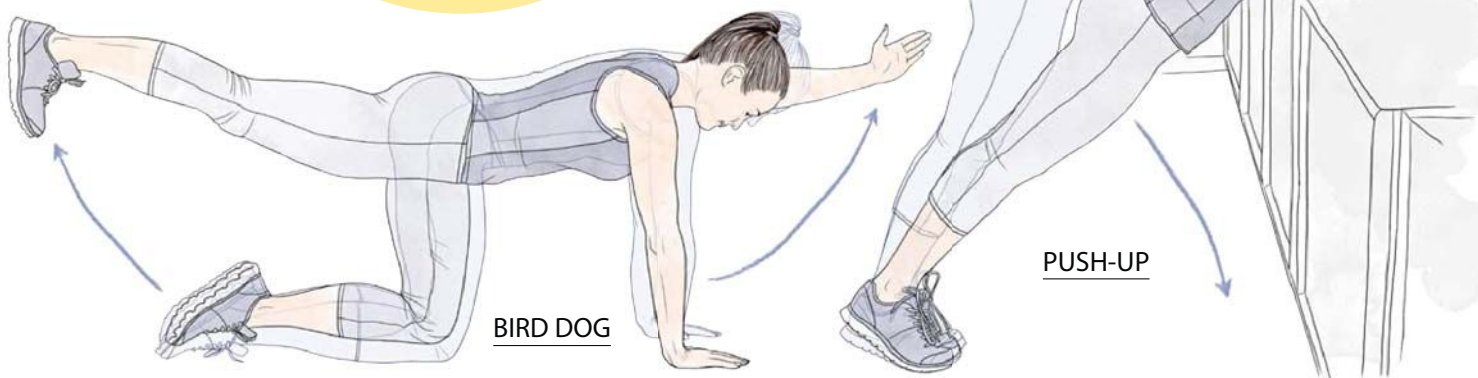
Lie face down. Squeeze your glutes and lift your arms and legs a few centimetres off the floor. Breathe. Hold here for a few seconds before lowering. Repeat. ➤

How to do this workout

If you're new, start at **Level One**. Otherwise, begin at **Level Two**. Do the first move for 30 seconds, rest for 30 seconds, then go to the next move. Continue through all six moves. Repeat a circuit two to five times, three times a week on alternating days. When the workout begins to feel too easy, move up one level. For more of a challenge, cut the length of your rest period to 25 seconds, then 20 and so on.

How often?

General guidelines recommend at least two days a week (ideally three) to maximise the benefits of strength training, which include building bone density and lowering body fat.



BIRD DOG

PUSH-UP

LEVEL TWO

MEDIUM IMPACT

1 WALKING LUNGE

Stand with feet together and take a big step forward with your right foot, bending at the knees until thigh is nearly parallel with floor, lifting arms. Step left foot next to the right; lower arms. Repeat on opposite side. Continue alternating.

2 PUSH-UP

Stand at a sturdy hip-high surface with feet hip-width apart. Place hands on surface, wrists under shoulders. Walk feet back until body forms a straight line. Contract core to keep hips from sagging. Lower

chest toward surface. Return to the start; repeat.

3 BURPEE

Stand in front of a sturdy hip-high surface, feet hip-width apart. Place hands on surface shoulder-width apart. Moving quick as you can, walk right foot back, then left, until body is extended and you're supported by hands and feet. Reverse, walking your left then right foot back to start. Stand, extend your arms overhead, and repeat.

4 BEAR CRAWL

Get on all fours. Crawl forward, moving opposite

knee with opposite elbow as you go. Remember to breathe!

5 KNEE PLANK AND TAPS

Get in Knee Plank position, as in Level One. Contract your core and tap right hand to left shoulder. Return to start and repeat, with left hand tapping right shoulder. Alternate.

6 BIRD DOG

On hands and knees, extend left leg and right arm. Keep your hips and shoulders square, back straight. Hold for 3 seconds. Return to start; repeat on other side. Alternate.

LEVEL THREE

HIGH IMPACT

1 SQUAT AND LEG LIFT

Stand with feet at shoulder width and soft knees. Squat until thighs are almost parallel to floor. Return to start, lifting right leg to side and keeping torso tall. Repeat and alternate legs.

2 FULL PLANK

On hands and knees, wrists under shoulders, lift knees off the floor until body forms a straight line. Keep your core contracted to prevent hips from sagging. Hold. Lower knees to floor.

3 LUNGE AND BALANCE

With feet hip-width apart, take a big step back landing on the ball of right foot. Lower toward floor until left thigh is almost parallel. (Left knee shouldn't extend over left toes; if so, step right leg farther back.) Return to standing, lifting right knee in front of you (hold a chair for balance if needed). Return to start. Repeat, alternating legs.

4 REVERSE CRAWL

Get into the Bear Crawl position, as in Level Two, but crawl backward.

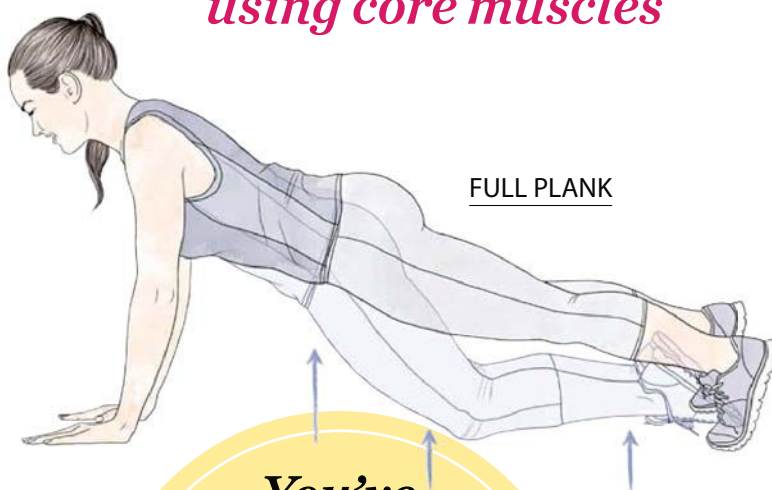
5 KNEE PUSH-UP

Get on hands and knees, wrists under shoulders, body in a straight line. Contract core to prevent hips from sagging. Lower chest toward floor. Return to start. Repeat.

6 MOUNTAIN CLIMBER

Stand in front of a sturdy surface like a chair. Place hands on surface and walk feet back until body forms a line. Contract core. Bring right knee to chest. Return to the start. Repeat with left knee. Alternate quickly as if jogging. ■

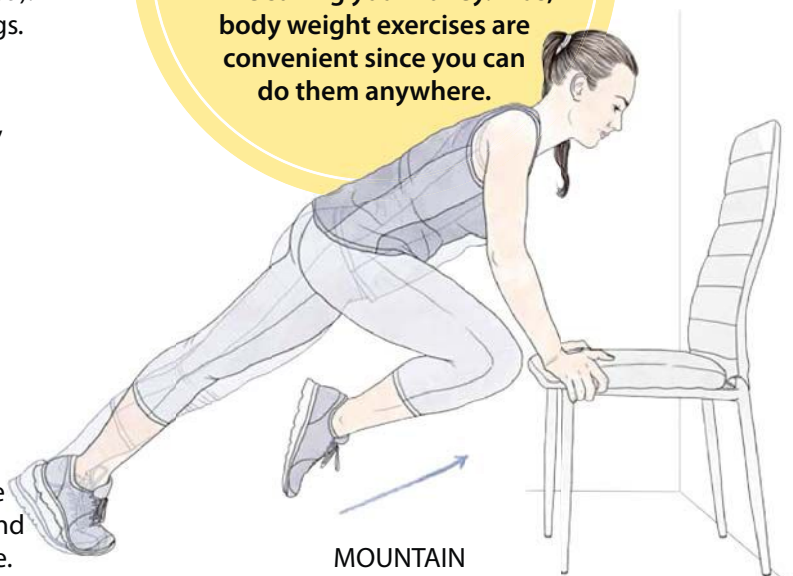
When you use only body weight, you have to CONTROL YOUR MOVEMENTS more, using core muscles



FULL PLANK

You've got this

Kolowich says that using your own body weight for strength training targets muscles nicely while saving you money. Plus, body weight exercises are convenient since you can do them anywhere.



MOUNTAIN CLIMBER

6 WAYS TO *love* YOUR KIDNEYS

Give these hardworking organs *a little TLC* by adopting lifestyle tweaks to help keep them in great shape

Ask yourself: have you done anything to care for your kidneys lately? If you haven't, then it might be time to put them on your health radar. According to Kidney Health Australia, diabetes represents 37 per cent of all reported kidney disease cases.

"Your kidneys filter waste products and excess fluid from your blood," explains Jane Overland, diabetes nurse practitioner from the Diabetes Centre at Sydney's Royal Prince Alfred Hospital. "There's also a link between kidney disease and other microvascular complications, such as eye disease and nerve damage, so people with kidney issues should be sure to have their eyes and feet regularly checked."

Lifestyle changes can be protective and preventive, so if you have diabetes, consider adopting these kidney-friendly habits.

1. SERVE UP SOMETHING SOUR

Fermented foods like Greek yoghurt contain probiotics that are healthy for your belly. Unhealthy gut bacteria can worsen inflammation, which can compromise kidney function and affect blood glucose levels (BGLs). Research from Cleveland Clinic, US, shows in particular, a toxin called trimethylamine-N-oxide (TMAO) can contribute to chronic kidney disease. TMAO is produced after eating red meat – good reason to eat

more fish and chicken and a little less lamb and steak.

LOWDOWN

- Eat a range of fermented foods including sauerkraut, miso, kimchi (fermented Korean vegetables) yoghurt and kefir (a fermented drink).
- Check with your GP or endocrinologist if probiotic supplements are safe for you.
- Eat more resistant starch. "This feeds good bacteria in your large intestine," says Dr Jane Muir, Head of Translational Nutrition Science in the Department of Gastroenterology at Monash University. "Good sources include oats, lentils, asparagus, artichokes, bananas and potatoes, particularly when cooked and cooled." Opt for Carisma potatoes, which have a low glycaemic index, so they don't spike blood sugar levels.



2 GO EASY ON THE SALT

Consuming excess salt changes the fluid balance in your bloodstream and is associated with increased blood pressure. Why that's an issue? "High blood pressure within the kidneys can reduce their filtering ability," says Mikaela Stafrace, CEO of Kidney Health Australia. "If this continues, damage can occur and the kidneys may start leaking protein into the urine."

LOWDOWN

- Flavour foods with herbs and spices rather than salt to reduce sodium intake.
- Minimise intake of salty snacks and processed foods such as chips and nuts.
- Read labels: choose foods with less than 120mg sodium per 100g.
- Get yearly blood pressure checks as well as every time you visit your GP, recommends Overland.

3. BE MINDFUL OF MEDS

"Some medications such as non-steroidal anti-inflammatory drugs like ibuprofen, can decrease blood flow to the kidneys, reducing function," says Stafrace. Heartburn meds such as proton pump inhibitors can also contribute to kidney problems.

LOWDOWN

- Take headache pills sparingly: try self-help strategies such as reducing stress, meditating and avoiding trigger foods.
- Discuss medicine and supplement combinations with your care team as they can sometimes upset kidney health. "Tablets for blood pressure – ACE inhibitors and angiotensin receptor blockers – should generally not be taken together," says Stafrace.

4. STOP SMOKING

Smoking can damage blood vessels including those in the kidneys. "Quitting smoking greatly reduces the risk for both chronic kidney and cardiovascular disease," says Overland.

LOWDOWN

- Call a Quitline counsellor (137 848) for resources and information about support.
- Ask your GP about nicotine replacement therapy to reduce cravings such as patches, chewing gum, lozenges and nasal sprays.

5 MONITOR YOUR BGLS

Over time, diabetes can damage the kidneys' filters which is another reason to aim for optimal BGLs. "Consistently high BGLs can damage blood vessels in the kidney," says Stafrace.

LOWDOWN

- Exercise regularly and eat a low glycaemic index diet, to help keep BGLs stable.
- Minimise stress and try to get enough sleep.
- Check BGLs regularly and seek advice if they're erratic or not tracking well.

CURLY KALE QUESTION

A blog published in 2012 claimed that kale contains oxalate, which may be linked to the development of kidney stones. So, is it okay to keep kale on the menu? "It's unlikely kale smoothies cause kidney stones," says Stafrace. "Kale has far less oxalates than other leafy greens such as spinach. High levels of potassium in leafy greens are a bigger concern for people with chronic kidney disease."

6. BOOST WATER INTAKE

Both soft drinks and alcohol can lead to weight gain and elevated BGLs, so minimise your intake. Alcohol can also contribute to kidney disease and kidney stones.

LOWDOWN

- Make water your drink of choice: "Good hydration keeps the kidneys working as they are designed to," says Stafrace. "Drink enough water to satisfy your thirst, and adjust that amount if you are more active or the weather is hot." A good indicator is your urine – it should be a pale straw colour – not a concentrated yellow. ■

CIRQUE

2017 Diabetes NSW & ACT Gala

Visit www.diabetesnsw.com.au/cirque
for more information and to book your ticket!



JUST \$55 A YEAR (\$35 CONCESSION)

Special Offer for Diabetic Living Readers

Join today and use the code 'DLjoin' to **receive 10% off** your membership.

Join your diabetes family today

for rewards including discounts on groceries, fuel, travel and more; recipes; tips on living well; personal stories and the latest news and research.

PLUS

receive our quarterly magazine Circle and
our monthly e-newsletter Dia-Logue.

Call our friendly Helpline on **1300 136 588**
or join online at **diabetesnsw.com.au/membership**



EYES on the PRIZE

Your sight is precious, and even though diabetes may affect it, there's plenty you can do to *keep your vision 20/20*

They are the windows to the world, allowing you to see and interpret what's going on around you. So it's not surprising that vision complications are a concern to people with diabetes.

Problems can arise due to high blood glucose levels (BGLs) and high blood pressure, which can affect the tiny blood vessels in your eyes.

Studies suggest one in three Australians with diabetes will develop eye disease, with diabetes the leading cause of preventable blindness among working age adults.

Fortunately there are many ways you can preserve your

vision, including having regular eye screening checks to detect any changes early.

Lower your risk of diabetes-related complications with these five ways to protect your eyes.

1. Eat for vision

Researchers from the NSW Blue Mountains Eye Study, a large 15-year study which examined the eyes of over 7000 people aged over 49, found that one serve of fish per week was linked with a reduced risk of age-related macular degeneration (AMD).

Other eye-friendly foods include leafy greens such as spinach and kale, berries, citrus fruits, carrots and nuts.

2. Quit now

According to research published in the *Diabetes and Metabolism* journal, smoking aggravates the microvascular complications of diabetes mellitus. Trying to give up? Call Quitline on 13 78 48.

3. Move more

Evidence suggests exercise is a sure-fire way of protecting your eyesight by keeping your ABCs (A1c, blood pressure and cholesterol levels) in check. At least 30 minutes activity each day is a recommended guideline for weight loss and heart health.

"If you have any diabetes-related eye complications such as ➤

Look on the
bright side



EYE CONDITIONS explained



DIABETIC RETINOPATHY

This particular issue occurs when the small blood vessels in the retina become damaged and leak, the retina swells and new leaky blood vessels grow. According to the most recent Blue Mountains Eye Study it affects one in three people with diabetes and if it's undetected or left untreated, it can progress to irreversible vision loss and blindness.

Evidence suggests the longer you live with diabetes and how well you manage your BGLs and blood pressure will have the greatest impact on your risk of developing diabetic retinopathy. Genetics and lifestyle factors like obesity and heavy alcohol consumption can also influence your risk.

There are often no signs or symptoms in the early stages, which is why Optometry Australia recommends twice-yearly eye examinations to monitor for changes.

Treatment is available to prevent permanent vision loss from diabetic retinopathy and includes laser therapy, freezing or eye surgery.



MACULAR OEDEMA

Your retina may swell if the fluid in its centre (macula) builds up, resulting in diabetic macular oedema. This affects your ability to read and is the leading cause of vision loss.

The Blue Mountains Eye Study found one in 23 people with diabetes developed this issue.

To learn more about the causes, symptoms and treatments, download the free *Diabetic Macular Oedema Xplained* app developed by diabetes experts. Available on Google Play or iTunes.



CATARACTS

This clouding of the eye lens results in blurred vision. People with diabetes are more prone to developing cataracts, but they can also develop due to ageing, smoking and over exposure to UV light.

Cataracts are removed by laser or traditional surgery. Special eye drops that shrink and dissolve cataracts are currently being developed.



GLAUCOMA

Over 300,000 Australians have some form of glaucoma, which is a group of eye diseases occurring when the optic nerve connecting the eyes and brain deteriorates. The most common type leads to reduced vision.

Researchers are undecided if there's a clear link between diabetes and glaucoma, as the condition can affect anyone.

Although there's no cure as such, there are ways to control and reduce further vision loss. Common preventive methods include eye drops, medication, laser treatment and surgery.

retinopathy, macular oedema or glaucoma, it's important to seek medical advice from your GP or diabetes specialist prior to undertaking any new forms of exercise," says Diabetes NSW/ACT Accredited Exercise Physiologist Thomas Laing.

He warns that high-impact activities like running, skipping, jumping and high intensity strength training should be avoided in some cases. "Proper breathing is important in avoiding spikes in blood pressure," he says.

For a safe exercise program, Laing recommends consulting with an accredited exercise physiologist who specialises in diabetes. Call the NDSS helpline on 1300 136 588 to find someone in your area.

4. Drink wise

Researchers at the Centre for Eye Research Australia found people who drink more than two standard alcoholic drinks a day had a 20 per cent increased risk of developing eye disease compared to non-drinkers. It's thought that alcohol affects the absorption of nutrients important to the lens. It's also full of empty kilojoules.

5. #test2prevent

Research published in *Ophthalmic Epidemiology* found that up to 48 per cent of people with diabetes hadn't had a retinal eye exam within the recommended two-year time frame. Be kind to your body and stay up to date with all your health checks. For more information about diabetes eye screening visit cera.org.au, optometry.org.au or eyefoundation.org.au. ■

NEW

Oral-B®

Brush like a Pro.

REVITALISES GUMS. RESTORES WEAKENED ENAMEL.*

Promotes healthy gums by fighting plaque bacteria along the gumline and slowing its re-growth. The stannous fluoride re-mineralises enamel where it's weakened to protect and strengthen the teeth.



* In 2 weeks, with continued use.

Hear ye, hear ye

Take action to **protect yourself** and your loved ones from hearing loss

Hearing loss is usually associated with getting older, but research now indicates that diabetes could also be responsible for the higher volume on your television.

Studies have shown people with diabetes face almost twice the risk of experiencing hearing loss than adults in the general population.

Medical experts aren't exactly sure why this is the case just yet, but they believe that having diabetes may affect the blood vessels in the ears, in turn having an effect on hearing.

"There hasn't been a lot of research into the relationship between hearing loss and diabetes," explains *DL* endocrinologist Dr Sultan Linjawi. "We suspect, however, that hearing is affected by damage to small blood vessels. The capillaries in the ear are very small, and blood with a high level of glucose is thick and therefore harder to circulate."

Despite the fact research does show a link between diabetes and hearing impairments, it's not a well-recognised complication just yet.

"Often people don't make the connection between hearing loss and diabetes," says Sue Leahy, Diabetes NSW/ACT educator. "It's only been over the last few years that we have started to make the link, but we do need to recognise it may be one of the complications, and is not just related to age."



A 2008 US study by the National Institutes of Health tested more than 4700 adults on their ability to hear a range of frequencies.

The results showed that those with diabetes were almost twice as likely to have hearing loss, particularly in the high frequencies.

A separate analysis of these findings in *Diabetes Care* showed that 65 per cent of people with diabetes had a high frequency hearing loss, and that 26 per cent also had an accompanying low/mid frequency hearing impairment.

Listen up!

Being aware of hearing loss as a potential complication of diabetes is important, because earlier detection means better outcomes.

Simon McMillan, audiologist and director of Starkey Hearing Technologies Asia Pacific Group, says reduced stimulation to your ears and brain can impair the brain's ability to process sound and recognise speech over time.

"The more speech recognition deteriorates, the more difficult it is to recover," he says. "When you can't hear what's going on around you, your mental sharpness suffers. The sooner you act, the sooner you put a stop to the negative effects of hearing loss."

Pardon me?

But as it's gradual, many people don't notice the changes until it's significant, or until someone else tells them they have a problem.

Even then, many are unwilling to acknowledge they have a problem, so it can become a delicate subject.

If you have a partner or relative who you suspect has hearing loss, talk to them about your concerns.

"Gently remind them of their hearing loss every time you



HOW TO HELP

There's lots you can do if your loved one is facing hearing loss

When a person loses their hearing, they can also go through a grieving process as it can affect relationships, their work and health.

If your partner is grappling with hearing issues, Leahy suggests:

- Support them by getting a hearing test too
- Help them in situations where background noise might be present
- Let family and friends know how they can improve communication
- Listen to how they feel about the hearing loss
- Practise good communication skills by focusing on what you say to your partner
- Maintain eye contact and speak clearly. There's usually no need to exaggerate your voice
- Attract your partner's attention before talking and eliminate excess noise if possible
- Stay positive!

'translate' or repeat something for them," McMillan says.

"You can encourage them to visit a hearing professional so they can do more research and get all of their questions answered. You can also offer to schedule and attend a hearing consultation with them."

Action plan

Dr Linjawi recommends people with diabetes do what they can to safeguard against diabetes-related hearing loss. One way is by keeping blood glucose levels at an HbA1c of less than seven per cent, and another is to treat ear infections promptly to prevent them from turning into anything serious.

In addition, ask your GP about having a regular hearing test, usually carried out by audiologists. And don't be afraid to ask for a referral to a hearing specialist if you'd like a second opinion.

Regular hearing checks will help uncover any emerging problems, which can be addressed by hearing aids or other measures.

Leahy says the advice she gives to minimise hearing issues is similar to the suggestions she makes for preventing other diabetes complications – follow a healthy low-GI diet, exercise regularly and maintain BGLs within or as close to target range as possible.

"It's really important to raise awareness about this, as untreated hearing loss can lead to social isolation and more serious conditions such as depression," she says.

"In the same way as you have your feet checked once a year, maybe you have your hearing checked annually too. Really, it should be part of the cycle of care checks." ■

TEST YOUR LEVEL

Choosing the right device
can make *day-to-day*
management easier



What is a lancing device?

It's a pen-like gadget that holds a small needle (a lancet) to prick your finger so you can check your blood glucose levels (BGLs). Most blood glucose meters come in a kit with their own lancing device, but that may not be the best one for you. If the device you have is painful or hard to use, check out the options on the next page.

TOP TIPS FOR PAIN-FREE LANCING

1

Make sure
your hands are
clean, dry and
warm.

2

Use the side of
your fingertip
rather than
the top, which
you're likely to
use throughout
the day.

3

Choose the
right depth
setting – the
shallowest
setting that
gives enough
blood.

4

Rotate the
finger you use
from day to
day and use
both sides of
the fingertip.

5

Change lancets
regularly
– they are
designed for
single use and
become blunt
if reused.

1



ACCU-CHEK FASTCLIX, \$16.50

With single-click action to prime and release the lancet, the FastClix is simple to use. It has 11 depth settings and Clixomotion® technology to reduce pain and a preloaded drum of six lancets, so it's extra-safe. Takes Accu-Chek FastClix Lancets, \$15.50 for 102.

2

CARELANCE LANCING DEVICE, \$7.50

On a tight budget? This is a great cost-effective device and offers seven depth settings. Use with Gentlet Premier Lancets, \$7.50 for 100.



3



ACCU-CHEK SOFTCLIX, \$22

This device is small and easy to use for one-handed priming. With 11 depth settings, it also features Accu-Chek Clixmotion® technology, which claims to prevent vibration and oscillation making it virtually pain free. Use with Accu-Chek SoftClix Lancets, \$14 for 100.

4



AUTOLET IMPRESSION, \$11.50

This has seven depth and three force settings, as well as Comfort Zone Technology®, which sends pain-blocking messages to your brain. Takes most universal lancets.

5



TRUEDRAW LANCING DEVICE, \$13.50

The TRUEdraw is small and light with five depth settings. Takes TRUEuniversal lancets, \$7.50 for 100, and most universal lancets.

HOW TO CHOOSE

Lancets are the small needles that fit inside your lancing device. Here's what to look for when choosing them:

Compatibility Some devices only work with certain lancets while others are universally compatible. If you have this option, you can choose the lancets you prefer based on comfort, price and availability.

Cost Lancets are not subsidised on the NDSS and are available from your state branch of Diabetes Australia or pharmacies. Prices range from \$7.50 to \$20 for a pack of 100, so costs add up over time, particularly if you're monitoring regularly.

Comfort When it comes to comfort, consider the needle gauge – the higher the gauge the thinner the needle and the less painful it is. Most lancets are 28G, 30G or 33G. If pain is an issue, opt for the ultra-thin 33G.

What to look for in a lancing device

Multiple depth settings to get enough blood with less pain.

Simple assembly and use.

Easy lancet removal and disposal.

Lancet compatibility – devices that fit universal lancets give you more choice. ■

You can
make yourself
happier

Want to increase the number of days you have a smile on your face and a spring in your step? Take our quiz to find out if you know how to boost your health and happiness. Circle your choice, then go to the answers to see how in touch you are with your wellbeing IQ

01

Which body pose can quickly reduce stress hormones?

- A Touching your toes
- B Sitting cross-legged
- C The Victory Pose (your hands raised in the air like an Olympic medalist)



02 Which of the following activities will best lift your mood?

- A Painting
- B Singing in a choir
- C Relaxing by reading a book

03

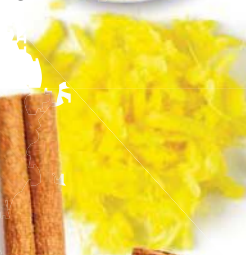
How many daily serves of fruit and vegetables can help boost happiness?

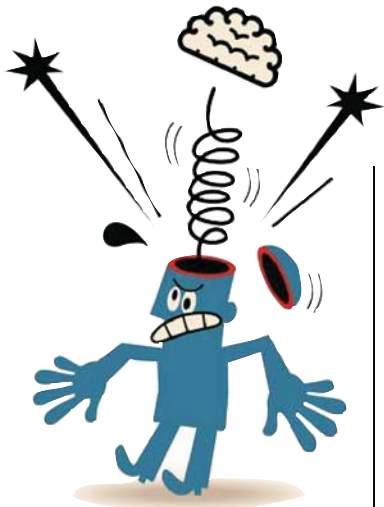
- A Eight serves
- B Five serves
- C Three serves

04

Which spice is said to have antidepressant benefits?

- A Turmeric
- B Ginger
- C Cinnamon





05

After a stressful life event or diabetes complication, the best way to increase your wellbeing is to:

- A Read self-help books
- B Stop working overtime
- C Do something kind for others

06

How much sex does it take to boost happiness?

- A Three times a week
- B Once a week
- C Most nights of the week

07

To reduce Mondayitis:

- A Pick or buy a bunch of flowers
- B Get up a little earlier
- C Savour a herbal tea



08

To recharge romance in your relationship, say:

- A "I need you"
- B "I love you"
- C "Thank you"

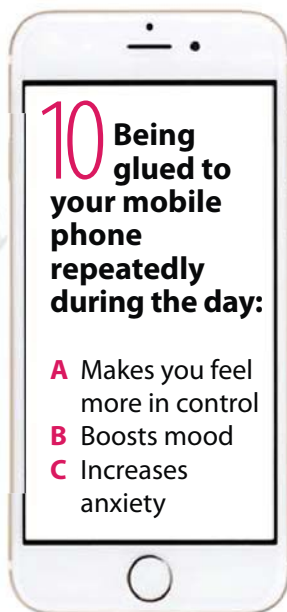
09

When going through a rough patch do you:

A Ask friends and family for help

B Tough it out – you're super capable

C Tend to fall in a bit of a heap



10 **Being glued to your mobile phone repeatedly during the day:**

- A Makes you feel more in control
- B Boosts mood
- C Increases anxiety

11

Why are onions, garlic, asparagus and artichokes good mood foods?

- A They are packed with vitamins
- B They all contain mood-boosting sulphurs
- C They are a source of prebiotics



12

Which of these breathing approaches can kickstart or worsen anxiety?

- A Taking quick breaths
- B Slowing your breathing
- C Counting your breaths

13

How long does it take for mindfulness meditation to cause positive changes to the brain?

- A Five days
- B Eight weeks
- C Three months

14

How much is happiness determined by your genes?

A 20%

B 12%

C 48%

15

People who sleep fewer than seven hours a night or suffer interrupted sleep experience more:

- A Negative thoughts
- B Unsettling dreams
- C Stressful thoughts ➤



See how you went

Award yourself five points for every correct answer

01 **C: Stand tall, feel tall**

Research from Harvard University shows that your levels of the stress hormone cortisol take a dive when you adopt certain body postures. So if you're feeling rushed or stressed, raise your arms like you've won a marathon or stand like Wonder Woman with your hands on your hips and legs hip-width apart.

02 **B: Sing out and smile**

Research by VicHealth has found that group singing increases feelings of self-confidence, empowerment, wellbeing and interpersonal skills, and lowers feelings of isolation, depression and anxiety. Time to channel your inner Adele or Bruno Mars!



03 **A: Plate up with plant foods**

Eating more fruit and vegetables can lead to a spike in happiness, shows research from the University of Warwick. Each extra daily portion

helped boost happiness and eight portions a day was found to improve life satisfaction.

04 **A: Go for the gold**

Preliminary studies have found a link between increased inflammation and depression. Turmeric to the rescue! This golden-coloured spice is high in curcumin, which has anti-inflammatory properties. In a Murdoch University study, curcumin extract was found to help lift the mood of people with depression. Chat to your GP about the best options for you.



05 **C: Give more**

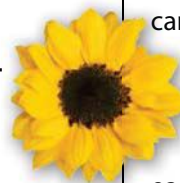
"Studies show that helping others is associated with far higher levels of happiness," says Timothy Sharp, psychologist and founder of the Happiness Institute in Sydney. Research at the University of Buffalo shows that altruism can also boost your health and longevity.

06 **B: Schedule a date night**

Happiness increases if couples have sex once a week, but doesn't increase more if they have sex more often, according to research from the Society for Personality and Social Psychology.

07 **A: Flower power**

Just being in the presence of flowers reduces stress, lifts your mood and heightens relaxation, energy and compassion, says a study from Harvard University.



08 **C: Show gratitude**

Saying "thank you" works like a booster shot for your relationship. It improves intimacy and romance, increasing connection and satisfaction even the following day, found a study in the journal *Personal Relationships*.

09 **A: Ask for help**

"Happy and resilient people don't necessarily cope with everything on their own," says Sharp. "Often they reach out and

ask for help and meet setbacks with solutions."

10 **C: Chill out**

Staying glued to your phone and social media is linked to increased anxiety and reduced happiness. It can also lessen physical activity and fitness. Schedule phone-free time every day – it'll help ease your FOMO (Fear of Missing Out).

11 **C: Balance bacteria**

These foods contain prebiotics – natural, plant-based fibres which feed good bacteria in your gut. By helping to change gut bacteria, they may reduce inflammation, improve blood glucose and insulin profiles and support a healthier balance of good belly bacteria. "Astounding new research shows that bad bacteria populations in the human body may have an impact on mood, thinking and depression," says researcher Amy Wallis from Victoria University.



12 **A: Breathing too fast**

"Many people get anxious because they over-breathe, taking more than 10 to 12 breaths per minute," says Dr Andrew Page, professor in the School of Psychological Science at the University of Western Australia. "This can lead to an imbalance of oxygen and carbon dioxide (often indicated by yawning), which can increase anxiety and other symptoms such as dizziness." So when stressed, "breathe in for a count of three seconds and out for three," says Page. Persevere for 10 minutes and you'll feel calmer. Repeat several times a day to reduce anxiety and increase calm.



13 **B: Savour the moment**

Practising mindfulness decreases perceived stress, anxiety and depression in people with diabetes, according to research by Tilburg University in the Netherlands. Try noticing unhelpful thoughts and let them go. Live in the moment. Scheduling around 20 minutes of mindfulness a day for eight weeks has been shown to create positive brain changes. But even just 10 minutes can help reduce stress.

Seek happiness via your values

"Happiness is achievable for all of us but it's determined more through our thinking than our circumstances," says psychologist Tim Sharp.

"The disciplines that will lead to and enhance joy (such as helpful thinking and good habits) can be mastered with practice."

Sharp's tips? Rather than goal-setting, seek to fulfil your values to feel happy, and focus on what you do well. "Happy people identify and utilise their strengths rather than try to fix their 'weaknesses'," Sharp explains. "Admit what you're good at and do it often."

14 **C: Genetics count**

Your DNA is responsible for up to 48 per cent of your happiness, with another 40 per cent being influenced by things like recent events, found researchers at the University of Minnesota. The remaining 12 per cent where you can impact on your own happiness can make all the difference.



15 **A: Poor sleep increases worry**

Too little sleep leads to people feeling overwhelmed and increases worrying and negative thoughts, shows research at Binghamton University in the US. To boost zzzs, minimise your screen and device use at night.

YOUR SCORE

0-25 You tend to wait for happiness to wash over you but why not go and seek it? Use this quiz to guide you in making important lifestyle changes to boost your wellbeing now and in the long-term. Adopt one new happy habit a week and you will soon dial down stress and boost your mood.

26-50 You're clued up on how sleep, diet and even gratitude can affect your happiness, but sometimes you forget to make them a priority. Try writing a desire map for states of wellbeing you want to foster in your life, such as 'feeling calmer' or 'greater connection', then set weekly goals to enjoy those positive states.

51-75 You understand that being happy is not a goal but is about mindfully embracing moments like watching the sunset or listening to music you love. You make lifestyle choices that help nourish your health and boost your mood. But sometimes you still struggle to get quality 'me' time. The trick? Schedule it every day – even 15 minutes can make all the difference to your mood and stress levels. ■

How has having diabetes influenced your career path?

Before my diagnosis at the age of 12, I wanted to be a pilot. However, as this was no longer an option due to my diabetes, and because of the inspiring medical staff who looked after me, I decided I wanted to be a doctor. During my science degree I developed an interest in infectious diseases and microbiology. After becoming a doctor I studied further to specialise in both these areas. Apart from being director of Infectious Diseases at the Mater Hospital in Brisbane, I'm also senior lecturer at the University of Queensland and visiting scientist at Queensland Institute of Medical Research.

When were you diagnosed?

I was diagnosed the day before I started high school. Initially I had injections twice a day but soon after it became five times per day. About 10 years ago I began using a pump, which was a big improvement. It gave me increased flexibility, which was really important for things like working night shifts. Over the last year or two I've started continuous glucose monitoring (CGM), which also makes a huge difference. It's easy to forget how variable blood glucose levels (BGLs) can be, including how caffeine or stressful situations affect them. So being able to see these changes in real time with CGM is important.

What got you through those early days?

I found camps really helped me during my diabetes journey. I was lucky enough to attend quite a few including three



TYPE 1 *Travelling* IS ABOUT HAVING *a backup plan*

Infectious diseases specialist *Dr Paul Griffin, 40*, juggles a demanding job, international travel, research and three young kids

international ones. Apart from teaching me the technical aspects of diabetes, camps helped me not to feel like the odd one out and gave me confidence.

I worked as a leader in camps for kids with diabetes for many years until other things took priority. I'd recommend people with diabetes get involved because it provides a support network of understanding people.

I recently became involved again and have been appointed to the JDRF state leadership group here in Queensland.

How do you manage your type 1 when travelling?

The main thing is to be prepared. I always carry a spare kit with me in case my luggage goes missing. I haven't had any issues while away, other than when my pump stopped working and I had to switch to a pen for a few days. But again it's about having a backup plan, and being prepared.

What's been the hardest part of having diabetes for you?

Stressful situations really affect BGLs and that's been the biggest thing for me. I've had to do plenty of exams over the years, especially for specialty colleges, and they put you under pressure. The more you do, the easier it gets, but it's a challenge knowing when to reduce the basal and having lots of lollies to munch on in exams.

How do you juggle a busy job, family life and type 1?

The key is to fit diabetes around your lifestyle rather than the other way around. I go to the gym most mornings, and still play sport. I also run three days a week, badly and slowly, but I'm getting better. One day I'd like to

do a half marathon, but every time I get close, I overdo it and get injured. I also have three young children who keep me on my toes.

I haven't let diabetes hold me back, but it may have influenced my career choice. I wasn't certain what specialty I wanted to follow early on, but during my training, I found some units, like surgery, were particularly hard when you have diabetes. Accessing food to prevent hypos was a challenge when I was scrubbed in theatre. I may not have chosen surgery anyway but it was still a factor.

What are the downsides of having type 1?

With the CGM I get frustrated with the number of alarms and

"I found camps really HELPED ME during my diabetes journey"

suffer a bit of alarm fatigue. I'll swear at my pump if it goes off while I'm doing other things or it wakes me up. Particularly since moving to full-time CGM, the amount of times the device has to be at the front of your mind, whether the alarm is sounding or has to be calibrated... it's onerous.

The alarms come at poor times as well, such as in the middle of a patient consultation. I also do lots of presentations in front of large audiences and having to reach into your pocket to silence one midway through is never a good look. At times I've certainly

wanted to turn it off, but the benefits are definitely worth it.

As a doctor, do you worry about future complications?

We know so much more about diabetes and technology has come so far in the last few decades. With the technology that is available now, there is a very realistic expectation that the majority of people won't have to worry about complications. That is provided people have access to the latest treatments.

The biggest barrier to that is often the cost. CGM is one of the best examples of how cost can still be a significant barrier to receiving the best treatment.

Which innovations excite you?

Ultimately it would be great to see a cure, but advances that are just around the corner like the artificial pancreas, or more closed loop circuits on pumps and even smart insulin will make an enormous difference to people with diabetes. Like all medical developments to do with the management of chronic diseases, you don't see the results until years down the track. People being diagnosed now and having access to that from early on should be optimistic about being able to stay on top of managing their diabetes, without the expectation of complications those in the past had to endure. ■

Have diabetes and want to share your story?
Email diabeticliving@pacificmags.com.au or write to *Diabetic Living*, My Story, GPO Box 7805, Sydney, NSW 2001.



Feel BETTER IN 5

When it comes to your health, be ahead of the game – your body will *thank you!*



How to sidestep stress

Reclaim control of your health and happiness with these top tips from Dr Joanna McMillan

Stress is a fact of life, especially when you're close to someone, or are someone, who is living with a physically, emotionally and financially challenging condition such as diabetes.

"The trick is just to keep that stress at a manageable level for you, and to recognise when the balance is tipping in the wrong direction," says nutritionist and Diabetes Australia ambassador Dr Joanna McMillan in her new book *Get Lean, Stay Lean* (\$35, Murdoch Books).

So if your stress levels are spiralling out of control over a bad day with your blood glucose levels (BGLs) or a looming deadline at work, take the pressure off a little with these simple solutions:

PUT THE KETTLE ON "Tea contains an amino acid called L-theanine that has several effects on the brain, including to induce relaxation and relieve feelings of anxiety," Dr McMillan says. Time for a cuppa!

LAUGH ABOUT IT "Laughing is good for us physiologically and psychologically. Your brain chemistry shifts, your blood pressure comes down and stress is well and truly busted."

BREATHE IN One particularly effective technique during an acute feeling of stress is to focus

on slowing your breathing. "Look for a nice quiet spot to do it and give yourself five to 10 minutes." Namaste!

PHONE A FRIEND "We are, at our roots, pack animals that need others around us at least some of the time," says Dr McMillan. "Spending time with friends, family or loved ones is essential for keeping life's worries in perspective, sharing problems and finding solutions."





Healthy body, healthy baby

Diagnosed with gestational diabetes? Help manage it with this eating plan from *DL* dietitian Dr Kate Marsh

While it's important to see a dietitian for individualised advice, Dr Marsh has the following guidelines to help you get started:

- Eat small regular meals and snacks throughout the day.
- Balance your plate with lots of non-starchy vegetables, a moderate portion of lean protein and lower GI carbohydrates, such as oats, wholegrain breads, barley, quinoa, legumes, corn, fruits and yoghurt.
- Limit your intake of saturated fats (in animal foods, processed snacks and fast foods) and replace with healthy fats from avocado, nuts, seeds, olive oil and fish.
- Avoid concentrated sugars in foods like confectionery, soft drinks, cakes and biscuits.
- Drink mostly water, or try sparkling water with a squeeze of fresh lemon or lime.

Your day on a plate

BREAKFAST ½ cup traditional rolled oats with one cup of milk or ½ cup muesli with 200g plain yoghurt.

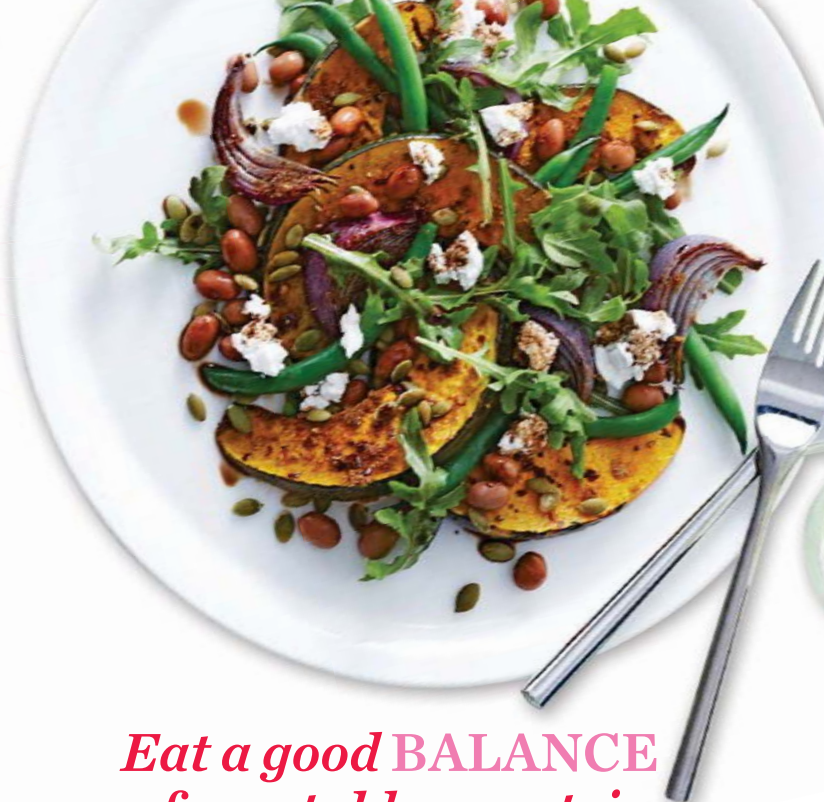
MORNING TEA Fruit and a handful of nuts.

LUNCH Wholegrain sandwich with salad and a small can of salmon or tuna or a hard-boiled egg plus one serve of fruit.

AFTERNOON TEA Three Ryvita multigrain crispbreads with cheese and tomato.

DINNER Chicken and vegetable stir-fry (chicken breast, carrot, bok choy, capsicum, snow peas, ginger, garlic and soy sauce), with 1 cup cooked quinoa or brown rice.

SUPPER One slice of wholegrain toast with natural nut butter and a glass of milk.



Eat a good BALANCE of vegetables, protein and carbs every day



Watch for spots

Some blemishes need special attention, so keep an eye out...

They're brown, raised, rough, often scaly and usually appear on the hands, arms and face. Apart from being rather unsightly, solar keratoses – or sunspots – are a sign of sun damage, so it's really important to look out for further changes to the skin. Sunspots form as a result of excessive exposure to UV radiation and the best form of protection is to follow sun safe guidelines. Good news is, they can be treated in several ways including cauterisation, freezing with liquid nitrogen, or with special creams. ➤



Love your Legs

- Restores dry legs
- Refreshes tired legs
- Relieves hot legs



Available from Chemist Warehouse
and other leading pharmacies
ww.NS8.com.au • Info 1300 366 833



'Appy health

Let your fingers do the booking

If you've ever put off seeing your GP, physiotherapist or podiatrist because it's awkward to book over the phone, the *HealthEngine* app, (free on iTunes or Google Play), can help. This clever app provides access to over 70,000 practitioners such as GPs, dentists, physios and chiropractors. All you need to do is choose a practitioner and time slot, book an appointment and turn up!



Beat hypo fear

Stop hypos from hijacking your life

Fact – it's completely natural to be concerned about hypos (low BGLs). They can be scary, embarrassing and at times, inconvenient! But if your hypo worries are standing in the way of your lifestyle or diabetes management, you need to take action. While knowing how to recognise, treat and prevent hypos is a good place to start, the National Diabetes Services Scheme also suggests...

MAKING your nearest and dearest aware of how to spot and treat hypos. This will help reduce their – and your – anxieties about your health and safety.

KEEPING track of your hypos in your diary or phone. Take note of symptoms, the causes and the times your hypos occur in order to spot potential patterns.

DISCUSSING what you're thinking and feeling with your care team – they are there to help, not to judge you! ■

SNACKS

- 54 Apple and blackberry crunch muffins ●●
- 70 Honey, walnut and orange biscuits ●●
- 70 Lemon cupcakes with cream cheese frosting ●●
- 71 Orange and polenta gluten-free muffins ●●●

LIGHT MEALS

- 40 Herb and prosciutto stuffed mushrooms
- 77 Minestrone with capsicum and parsley pesto ●●
- 42 Mushroom, spinach and cheddar soup ●●●
- 77 Sweet potato gnocchi with crispy sage ●

MAINS

- 40 Beef and mushroom casserole ●●●
- 20 Cedar-planked rainbow trout with grilled caponata
- 54 Chicken, apple and almond quinoa ●
- 32 Cottage pie ●●
- 61 Goat's cheese, apple, walnut and parsley tart ●●
- 40 Lamb with mushroom and goat's cheese risotto ●●
- 42 Mushroom and chicken goulash pie ●●

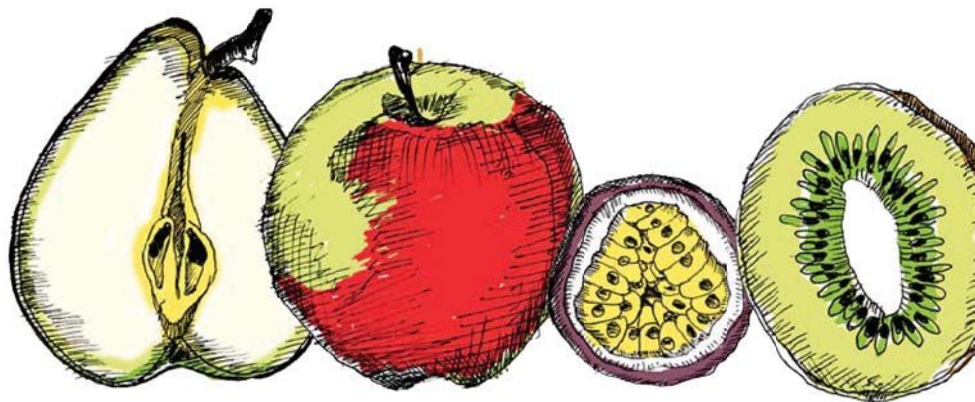
- 31 Quinoa and ricotta patties with salsa ●●●
- 30 Roasted beet, mint and lamb salad ●
- 78 Roasted vegetable lasagne ●●
- 32 Salmon with creamy dill sauce ●
- 55 Sausage and apple tray bake
- 31 Spiced chicken with pomegranate glaze
- 31 Stir-fried orange and chilli beef ●
- 61 Stuffed roasted sweet potato ●●
- 60 Tortellini with mushroom and bacon sauce
- 60 Tray-baked sumac chicken and vegetables ●
- 76 Veal involtini with roasted kale and creamy polenta ●
- 30 White bean and rosemary ragu with creamy polenta ●

DESSERTS

- 71 Baked jaffa cheesecake ●
- 68 Citrus meringue tarts ●
- 68 Citrus soufflé ●
- 69 Lemon, yoghurt and semolina cake ●●
- 54 Mini apple pies ●

BREAKFAST

- 83 Avocado, spinach and egg wrap ●●●
- 44 Breakfast parfait ●●
- 49 Cheesy kale and prosciutto scrolls ●
- 48 Hazelnut and ricotta pancakes with rhubarb ●●
- 83 Hummus, prosciutto and sprout toast ●
- 48 Indian vegetable fritters with yoghurt ●●●●
- 48 Middle Eastern baked eggs ●●
- 83 Quick cinnamon apple and berries ●



KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

ADVERTISING PROMOTION



ANTI-AGEING IN A BOX

Fight back against ageing with The Parcel, a beauty box delivered to your door every quarter from the team at *marie claire*. For only \$25, each quarter you'll receive a selection of deluxe samples and full-sized anti-ageing products valued at over \$80 and delivered free to your door. Sign up now at beautycrew.com.au/the-parcel

** Products photographed are from a previous edit*



BERRY GOODNESS

Ocean Spray® Cranberry Light Fruit Drink contains powerful nutrients that cleanse and purify your body by reducing bacterial adhesion, naturally. It offers the uplifting taste of 55 cranberries per 240ml serving, with only 84 kilojoules and five grams of sugar. See oceanspray.com.au for more information.

MARKET PLACE

Check out these products. They make managing diabetes easier

HEAR, HEAR!

Are you in the market for a hearing aid? Starkey's SoundLens Synergy invisible hearing aids offer clear sound quality and a better listening experience, customised to meet your hearing needs. It starts with a simple hearing check, so take the first step on that journey and visit starkey.com.au



THE WHOLE TOOTH

For people with diabetes, gum problems can become a significant issue if not managed well. The new Oral-B Gum Care toothpaste range offers dual action technology to promote healthy gums by fighting plaque bacteria along the gum line and slowing its regrowth. Available from leading supermarkets and pharmacies, RRP \$9.99. Find out more about the Oral-B Gum Care range at oralb.com.au



MAGAZINE



NETWORKS

PASSION RESPONSE

SUBSCRIPTION OFFER

ONLY \$5 — AN ISSUE —

Subscribe for **ONLY \$40 for 8 issues** – that's **37% off** the price you would pay instore. Plus, receive **FREE** delivery to anywhere in Australia



Hurry! Offer ends June 22, 2017

Postcards from the SHED



If someone you know is mistaken about diabetes, seize the chance to help them understand, urges everyone's favourite chippie **Rob Palmer**



Anyone who's been living with diabetes for a while will know there are moments when you're feeling on top of things – hitting the bullseye, no-time-to-get-it-wrong because you've been getting it so right... Then along comes a one-sentence clanger

from your endocrinologist!

Now, let's be fair. As much as you live with diabetes every day, so does your endo. They may take weekends and holidays and you may feel they don't always slog it out for a whole five-day week. But they are regularly updated, trained and focused on a lot of the inconvenient truths that day-to-day diabetes management just doesn't cover.

They also have your best interests at heart.

The sentence that knocked my socks off was to do with all the other problems that an autoimmune disease can throw at you.

To keep things positive, and to cut a long story short, the result was I learnt a few things about diabetes that more than 30 years of living with it hadn't shown me. My misconception of how my management would affect me came as a shock.

Now, if I can still be learning what's what in type 1 land, how's a member of the public with no link to diabetes going to have a snowflake's chance in hell of understanding it at all?

*In most cases,
someone's
question is an
EFFORT TO
understand*

There are plenty of clangers that come up with discomforting regularity. "Are you allergic to sugar?" That's probably the most common. "Should I stick you with insulin if you collapse?" Another beauty. Or, "That's a lot of needles. You must have it really bad."

Perhaps my least favourite is the disapproving look followed by, "Should you be eating that?"

Let's discard the ignorance and focus on the heart of what's happening here.

People care. To ask a question or make a statement that seems absurd is, in most cases, an effort to understand. It's also an opportunity to give someone a little information that may increase their awareness.

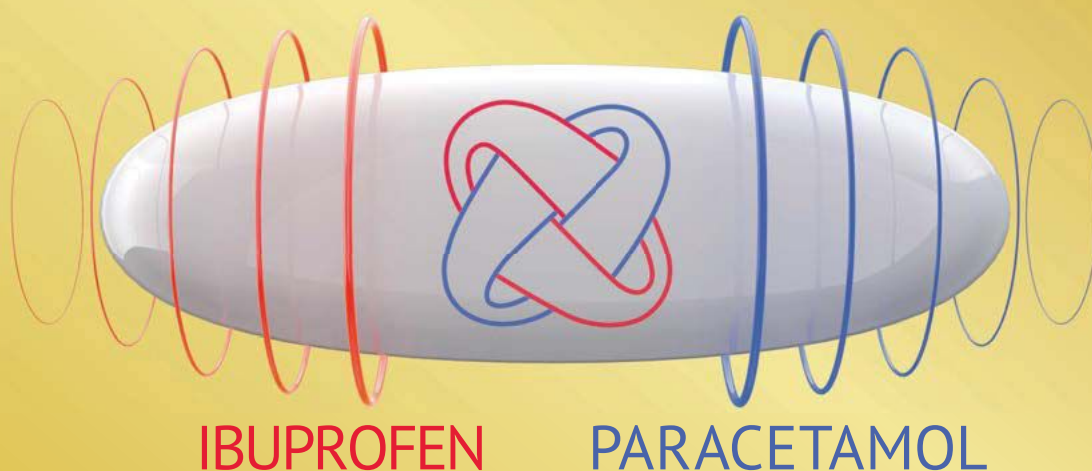
It makes perfect sense that someone can have no idea of the difference between type 1 and type

2 diabetes. I mean, they both have nearly the same name for starters and they both involve blood glucose levels and insulin. Crikey, I didn't even know there was a Welsh language before I travelled to the country as a 25-year-old. Yet, now I can speak it to my children. It's just a matter of exposure and understanding through education. (A Welsh wife didn't hurt either!)

I think we all have an opportunity to tackle diabetes by how we cope with misconceptions. A misunderstanding is not an insult and in sharing our awareness, simply and clearly, we make diabetes a smaller adversary each time. ■

SUPERIOR PAIN RELIEF IN ONE TABLET

VS REGULAR PARACETAMOL*



With the combined power of two active ingredients – ibuprofen and paracetamol – try Nuromol for powerful relief from pain.

- ✓ More effective*
- ✓ Longer lasting*
- ✓ Up to 8 hours relief
- ✓ Available in pharmacies



*vs 1000mg of regular paracetamol. Mehlisch, et al 2010 (Sponsored by RB).
Always read the label. Use only as directed. If symptoms persist see your healthcare professional. Incorrect use could be harmful.

Cleanse & Purify*



Cleanses & purifies to help maintain Urinary Tract Health*



Antioxidants & PACs (proanthocyanidins) from the juice of 55 cranberries per 250ml



No Added Sugar and only 20 calories per 250ml

WITH THE POWER OF
OCEAN SPRAY®
CRANBERRY
LIGHT



* Drinking one 250 ml serving of Ocean Spray® Cranberry Light helps maintain urinary tract health, when consumed as part of a healthy diet involving the consumption of a variety of foods. Our Farmer Owners grow their cranberries in the USA, Canada and Chile.